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PAGE 22

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# Construction underway on final ring-road link

**Last leg.** Completion of long-standing project will change the way motorists and industry navigate the city



**HEATHER MCINTYRE**  
heather.mcintyre@metronews.ca

When the final leg of Anthony Henday Drive opens in the fall of 2016, motorists will be able to drive 78 continuous kilometres around Edmonton.

A sod-turning to celebrate the official start of construction on the northeast leg of the ring road was held Monday, south of 153 Avenue at

about 8 Street, where the road will cross the river.

"This is the final link in Edmonton's ring road," said Alberta's minister of transportation, Ric McIver. "It's an exciting milestone because it's not really a ring until you complete it."

The 27-kilometre link will include nine interchanges, two road flyovers and two bridges across the North Saskatchewan River.

"Motorists, of course, in this area are very eager for the last link of the ring road to be done. It will reduce congestion, reduce delays, and create smoother, shorter, safer travel," said McIver.

The project is a 34-year P3 effort with Capital City Link General Partnership,

## Quoted

"Motorists, of course, in this area are very eager for the last link of the ring road to be done. It will reduce congestion, reduce delays, and create smoother, shorter, safer travel."

Transportation Minister Ric McIver

meaning there is a savings of \$370 million. Construction is pegged at \$1.81 billion.



Ric McIver, Alberta's transportation minister, appears at a sod-turning Monday to mark the start of construction on the final leg of the Anthony Henday Drive ring road in the city's northeast. HEATHER MCINTYRE/METRO

## Lightening the load

The city wants your help in reducing injuries to garbage collectors' PAGE 6

## Love in the office

Why workplace romances can be such a tricky affair PAGE 30

## Swimming lessons

How an Olympian struck a balance between life and the pool OLYMPIC PREVIEW, PAGES 32 & 33

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## Environment

Feds, province  
examine oilsands  
monitoring

The federal and Alberta environment ministers are getting a first-hand look at oilsands-monitoring sites around Fort McMurray.

Peter Kent and his provincial counterpart, Diana McQueen, are touring two sites being built in response to demands for better environmental oversight in the region.

Several dozen new monitoring sites are being added to track the impact of energy development on the air, land and water.

A plan for how monitoring will be governed, how much independence monitors will have and who will fund the work is expected to be released in the next few weeks. Already, scientists are setting up new sites.

Kent and McQueen announced a radically revamped oilsands-monitoring plan in February. It came after years of criticism from scientists and others that the provincial government was doing a poor job of overseeing environmental changes caused by extensive energy development in northern Alberta.

Those charges fuelled rising opposition to the oilsands in Canada and abroad. That opposition has grown to the point where it is affecting the province's attempts to boost energy exports.

The ministers outlined a three-year plan that aims to increase the number of monitoring sites by more than 50 per cent. In time, monitors will also examine biodiversity, animal toxicity, plant health and habitat disruption.

The plan will cost an estimated \$50 million a year when it's fully operational.

THE CANADIAN PRESS



"Of all the collisions, the most preventable, I truly believe, are the pedestrian fatalities," says Sgt. Gary Lamont of the Edmonton Police Service collision-investigation section, shown at work late last year. METRO FILE

# Police seek to identify man struck and killed by limo

**Fatal numbers.** Traffic and pedestrian deaths on the rise compared to last year



HEATHER  
MCINTYRE  
heather.mcintyre@metronews.ca

Edmonton police are working to identify a man struck and killed by a limousine as he walked on Gateway Boulevard early Monday.

EPS responded to the collision near 34 Avenue at 2:25 a.m. They determined that a young Asian man who was

likely in his 20s had died instantly, Sgt. Gary Lamont said.

Lamont said before the collision, police had received calls reporting that a man was wandering around in traffic. He was not near any crosswalks.

"So, for whatever reason, he was out on the road," Lamont said. "A 47-year-old male driver of a limousine driving back from the airport with a fare was driving the speed limit (of 70 kilometres an hour) ... and saw him at the last second. It was too late to react."

As of late Monday afternoon, the victim had yet to be identified.

"He had no ID on him, not even a cellphone," Lamont said.

The accident is Edmonton's 21st traffic fatality of the year and the ninth involving a pedestrian.

"Of all the collisions, the most preventable, I truly believe, are the pedestrian fatalities," Lamont said. "What makes a pedestrian step in front of a moving vehicle?"

Lamont said pedestrians are killed while both jaywalking and using marked crosswalks, and it should not be assumed a vehicle will stop.

"Stop, look, make eye contact," he said. "Pay attention."

Follow Heather McIntyre on  
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## Witnesses sought

- People who believe they know the victim or who witnessed the collision should call EPS at 780-423-4567.
- No one else was injured, and no charges have been laid.
- At this time last year, there were 10 traffic fatalities, five of them involving pedestrians. By the end of 2011, there were 20 traffic deaths, eight involving pedestrians.

1

## NEWS

## On the web

## How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering if the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on metronews.ca to read the energy giant's explanation for the scowling gas pump.

## Mobile news



Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.



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## No soup for you. Calgary council votes to ban sale, possession of shark fins

Calgary city council moved to ban the sale and possession of shark fins on Monday.

Ald. Brian Pincott introduced the notice of motion after working with a local group advocating for the banning of the product, which is used



Calgary city council banned the sale or possession of shark fins, seen here. THE CANADIAN PRESS

in making the expensive Chinese delicacy shark-fin soup.

Ald. Druh Farrell argued that though the bylaw could be difficult to enforce, just having it in place will send a message to restaurants currently serving the soup. METRO

### Alberta Health Services

#### Air-quality advisory lifted for Edmonton area

Alberta Health Services lifted the air-quality advisory in the Edmonton area after putting the warning in place Friday.

AHS officials said wildfire smoke from northern Alberta is no longer affecting the Capital Region. However, the air-quality advisory for the North Zone remains in effect.

METRO

### Lanes closed

#### Yellowhead shut down after semi rollover Monday

Strathcona County RCMP continue to investigate after a tractor-trailer rollover on Highway 16 east of Edmonton closed down eastbound lanes at the Anthony Henday interchange Monday morning.

Officials said lanes were closed between the Henday and Cloverbar Road until 4 p.m. due to the rollover and a fuel spill. METRO



Caterina Bidonio, staff member at Transcend Coffee on Jasper Avenue, enjoys a break on the sidewalk patio Monday. HEATHER MCINTYRE/METRO

## Potential patio changes won't happen this summer

### Patio policies.

Council awaiting info on sidewalk and parking-space use, as well as operating hours and heaters



HEATHER MCINTYRE  
heather.mcintyre@metronews.ca

There are two small tables outside Transcend Coffee on Jasper Avenue, and manager Amanda Van Oort can't imagine not having them.

### Quoted

"Especially us being in the downtown core, I love the look of patios.... I think they add a lot of life."

Amanda Van Oort, manager of Transcend Coffee on Jasper Avenue

"It's really nice; people enjoy that," she said Monday, noting the tables were out despite it not being "patio weather."

While the location has had a patio since it opened in March 2011, there are really only a handful of pop-up summer patios in Edmonton — mostly due to how difficult it is to success-

fully apply for a licence.

And that's something city councillors were hoping to look at and change as the season began.

Coun. Kerry Diotte made the inquiry mid-April, asking for a report to be returned as soon as possible.

On the agenda for the executive committee meeting last Wednesday, it noted

that the report would not be released until Sept. 19.

"I would say it's disappointing that ... obviously, no matter what happens, we won't be able to make any changes for the better as far as patios for this summer," said Diotte.

"Hopefully that means their report will be very in depth, and they have a whole host of solutions to make it easier for people to have patios in Edmonton."

Follow Heather McIntyre on Twitter @Metro\_Mac



## Grow-a-Row. Meals on Wheels looking for fresh, locally grown produce

Edmontonians with a green thumb are being asked to plant an extra row of produce to donate to Meals on Wheels through its Grow-a-Row campaign.

The fresh produce will go towards about 500 meals for seniors and the housebound in Edmonton so they are able to enjoy local food.

"A lot of people like gar-

dening, but when it comes time to pick, you're not able to eat all of your harvest. It also helps us cut down on grocery costs," said Kerry North, manager of marketing and fund development.

Vegetable peelings from Meals on Wheels are also available for pick-up for composting.

LAURIE CALLEN/METRO

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A City of Edmonton garbage truck drops off what one collector would pick up in one day in the city — about 10,000 kilograms of garbage. LAURIE CALSEN/METRO

# Residents asked to lighten the load for garbage collectors

**Clean-up.** Avoid throwing out what can be reduced, reused or recycled, city tells homeowners



**LAURIE CALSEN**  
laurie.callsen@metronews.ca

The City of Edmonton is asking residents to look for

other options for getting rid of their waste this summer as the amount of garbage starts increasing.

Summer is the heaviest time of collection in Edmonton, likely because more people are in their yards or garages cleaning. But oftentimes the stuff people throw out shouldn't be left for the collector to look after, said collector Chad Mickleborough during a media event Monday.

"There's mattresses, large

## Quoted

**"(20 kilograms) is a nice throwing weight. Anything over that and you start getting injuries."**

Chad Mickleborough, Edmonton garbage collector

appliances, whole bedroom suites, couches — the whole nine yards. They won't fit in the truck and we cannot take large items," he said.

On average, a collector picks up about 10,000 kilograms of waste a day. Each

bag of waste should be no heavier than 20 kilograms (44 pounds), or else the collector can be injured tossing the bag.

Needles, glass or other sharp objects in the trash can also injure collectors.

There are a number of ways Edmontonians can divert waste from going to the landfill, either by recycling, grasscycling or taking items to the re-use centres.

"A lot of the volumes that we see are related to grass, and there's no need to bag the clippings. You can leave it on the lawn and if you mow frequently, it's actually good for your lawn," said Connie Boyce, director of community relations for Waste Management Services.

## Lethbridge

### ASIRT probes fatal shooting

Police in southern Alberta have shot and killed a man.

Two officers with the Lethbridge Regional Police Service were called to a west-side home about a disturbance with a weapon shortly after 11 p.m. Sunday.

A police news release says the officers fired their weapons and hit a 26-year-old man, who died from his wounds.

Clifton Purvis with the Alberta Serious Incident Response Team confirms both officers fired "numerous" times, but he's not sure they both hit the man.

The officers were not injured. **THE CANADIAN PRESS**

## Stampede protest

### Pam wants end to chuckwagons

Canadian-born celebrity Pamela Anderson has written to the Alberta premier asking her to help stop the chuckwagon races at the Calgary Stampede.

Anderson says she'd like Alison Redford to use her influence to convince Stampede organizers to "end these spectacles."

Anderson says that, as a Canadian, she's ashamed that the races continue even as horses die, and it's clear the competitions will never be safe and must be eliminated.

Three horses died and a fourth was injured during a race at the Stampede last week.

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**"For years, I suffered from unbearable stiffness and swelling in my hands"**

# "How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde  
Medical Cosmetic Technician

**For nine long years, I lived in sheer agony.** I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

**So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked.** The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

**I was faced with a dreadful choice:** Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

**Then one day at dinner a friend of mine told me that inflammation is worse than I thought.** "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

**"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power.** It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

**He then spoke the words that would change my life.** "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

**In just 5-6 days, an amazing thing happened.** I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was overjoyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!



**Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."**

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

**But don't believe me.** You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

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# U.S. tourists, guide kidnapped in Sinai are freed



Boston residents Rev. Michel Louis and Lissa Alphonse were kidnapped with their Egyptian tour guide on a road in the Sinai Peninsula, Egypt, heading from Cairo to St. Catherine's Monastery. PAOLA CROCIANI/THE ASSOCIATED PRESS

**Egypt.** Two Americans, their guide unharmed by Bedouin kidnapper who was demanding the release of his uncle detained by police

Two American tourists and their Egyptian guide who were abducted by a Bedouin in Egypt's Sinai Peninsula

last week were released unharmed on Monday after negotiations with security officials and tribal leaders.

Rev. Michel Louis, 61, and 39-year-old Lissa Alphonse, both Boston-area residents, had been kidnapped from a bus on Friday along with their guide, Haytham Ragab, on a Sinai road by a Bedouin who was demanding the release of his uncle, who had been detained by Egyptian police on suspicion of drug possession.

The kidnapper, Jimmy Abu-Masuh, told AP that he had handed the three over to security officials near the northern Sinai city of el-Arish on Monday after he was promised that authorities were working on his uncle's release.

"We are a people of mercy and they don't have anything to do with this," Abu-Masuh said, referring to the Americans.

During their captivity, the three were kept at Abu-Masuh's home in the harsh mountain terrain of central Sinai, and given tea and food, including at one point a roast lamb, according to Abu-Masuh and the guide, Ragab.

"We were treated just like they treat their own," Ragab, 28, told AP by phone after their release. "But we were under emotional pressure. Life for the Bedouins is tough." **THE ASSOCIATED PRESS**

## Breakdown of security

The abduction illustrated a broader breakdown of security in the Sinai, a key destination in Egypt's vital tourism industry, where lawlessness has risen since last year's ouster of then-President Hosni Mubarak.

- Relations between the Bedouin and authorities have long been tumultuous, with Bedouins complaining of discrimination and abuses against them by security forces.
- This year has seen a string of kidnappings of tourists, usually by Bedouins trying to wrest concessions from authorities or the release of jailed relatives.

## Hosni Mubarak. Egypt's ex-leader back in prison after cushy hospital stay

Ousted leader Hosni Mubarak returned to prison on Monday after weeks in a top-line military hospital, a security official said.

A prosecutor said the 84-year-old ex-president's health had improved from several weeks ago, when he was reportedly on the brink of death.

But others in Egypt see the move as an attempt to allay skepticism that officials sympathetic to Mubarak were exaggerating his health crisis to give the ex-president a more comfortable imprisonment.

Mubarak was sentenced to life in prison on June 2 for failing to stop the killing of hundreds of protesters during last year's uprising against his regime.

Days after he started serving his sentence incarcerated in the hospital of Cairo's Torah Prison, officials said his health deteriorated, he began slipping in and out of consciousness, and his heart stopped several times.

On June 20, Mubarak was moved to one of the country's



Hosni Mubarak THE ASSOCIATED PRESS

well-funded military-run hospitals located in Cairo's suburb of Maadi.

But early Monday, Egypt's official Middle East News Agency said Egypt's prosecutor general ordered that Mubarak be moved back to Torah Prison, where his sons and several of his ministers are held over various corruption charges.

**THE ASSOCIATED PRESS**

## Alexandria, Egypt

### Death toll hits 19 in building collapse

Egypt's Health Ministry says the death toll in the collapse of a building in the Mediterranean port city of Alexandria has risen to 19.

The ministry released the latest figures as rescue teams continued to search Monday for survivors buried under the rubble.

An 11-storey building in the poor Alexandria neighbourhood of al-Gomrouk

collapsed late Saturday onto three adjacent buildings, reducing much of the structures to rubble.

Building collapses are not uncommon in Egypt, where shoddy construction is widespread in shantytowns, poor city neighbourhoods and rural areas.

With real estate at a premium in big cities like Alexandria and Cairo, developers seeking bigger profits frequently violate planning permits and exceed the number of stories allowed.

**THE ASSOCIATED PRESS**



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## Remains of second person found at B.C. landslide site

The remains of a second person have been uncovered at the site of a landslide in southeastern B.C. that killed four people.

The B.C. Coroners Service and RCMP say the remains were found at Johnsons Landing, though

they didn't release an identity.

Four people were missing after Thursday's slide, including 60-year-old Valentine Webber, his two daughters and a German tourist.

On Sunday, searchers found a body believed to belong to Valentine Webber near the site of the slide.

Still unaccounted for are Rachel Webber, 17, Diana Webber, 22, and German national Petra Frehse, 64. **THE CANADIAN PRESS**

**Record rains**

## Japan floods still affecting region

Most of the quarter-million people who fled flooding in Japan were able to return home by Monday, but the danger had not fully passed from record rains that have killed at least 28. Hundreds of landslides have been reported, and the military airlifted food to stranded districts. **THE ASSOCIATED PRESS**

**Leadership shakeup**

## North Korea's vice-marshall dismissed

North Korea's vice-marshall is out, dismissed from several powerful posts because of illness, state media said Monday in a brief surprise announcement just days after Ri Yong Ho last appeared in public. The decision was made at a Workers' Party meeting on Sunday, according to the official Korean Central News



**Former North Korean vice-marshall Ri Yong Ho** THE ASSOCIATED PRESS

Agency. The dispatch did not elaborate on his condition or future. **THE ASSOCIATED PRESS**

**Food safety**

## Needles found in airline sandwiches

Delta Airlines says needles were found in six sandwiches on four flights from Amsterdam to the U.S. on Sunday. The airline says security for its meal production has been increased and it is using more prepackaged food while the investigation continues. **THE ASSOCIATED PRESS**

# Lawyer may be witness in Magnotta case

### Body-parts murder.

U.S. lawyer says he met with accused killer, who complained of being abused by a mystery man

**Email exchanges**

- The Canadian Press obtained several emails Salta said he received from Magnotta over the weeks that followed their first meeting. All are dated from January 2011, more than a year before Lin's death.

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of Montreal university student Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and

sexually — by a mysterious acquaintance known as "Manny."

Salta insisted that Magnotta gave him his blessing to go public with the disturbing details of the alleged attacks, if he were ever arrested or killed. The lawyer said Magnotta wanted people to know his side of the story.

But two days after discussing his exchanges with Magnotta, Salta indicated he's been told to say no more. He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

Salta recalled that Magnotta first contacted him over concerns police were closing in on him amid a swirl of animal-cruelty accusations.

**THE CANADIAN PRESS**



## Ultra-Orthodox Jews rise up against draft attempts

Handcuffed ultra-Orthodox Jews participate in a protest in Jerusalem on Monday against attempts to draft members of the cloistered community into the Israeli military. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting. The government is currently trying to find a formula to obligate ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline.

ODED BAILITY/THE ASSOCIATED PRESS

# Syrian rebels push into Damascus

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes near-

ly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in a string of neighbourhoods in the city's southwest,

for many of its four million people the violence brought scarily close to home the strife that has deeply scarred other Syrian cities.

Monday's fighting suggested that deep cracks were appearing in the tightly controlled facade of calm that has insulated Damascus from vio-

lence throughout the uprising.

Damascus — and Syria's largest city, Aleppo — are both home to elites who have benefited from close ties to Assad's regime, as well as merchant classes and minority groups who worry their status will suffer if Assad falls.

**THE ASSOCIATED PRESS**

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## Study. YouTube now a major news platform

## Changing media. TV news still dominates, but video-sharing site emerging as place to go in times of big events

A new study has found that YouTube has become a major platform for news, one where viewers are turning for eyewitness videos in times of major events and natural disasters.

The Pew Research Center's Project for Excellence in Journalism on Monday released its examination of 15 months of the most popular news videos on the Google Inc.-owned site.

It found that while viewership for TV news still easily outpaces those consuming news on YouTube, the video-sharing site is a growing digital environment where professional journalism mingles with citizen content.

"There's a new form of video journalism on this platform," said Amy Mitchell, deputy director of the Pew Research Center's Project for Excellence in Journalism.

"It's a form in which the relationship between news organizations and citizens is

## Details

- More than a third of the most-watched videos came from citizens.
- More than half came from news organizations, but footage in those videos sometimes incorporated footage shot by YouTube users.

more dynamic and more multi-verse than we've seen in most other platforms before."

The Japanese earthquake and tsunami was the most-viewed news event during the length of the study, which spanned January 2011 to March 2012. The top videos from Japan included footage from surveillance cameras, a news network and a Japanese Coast Guard vessel — a typical variety of sources.

"One of the things that emerges here is the power of bearing witness as a part of a news-consumption process," said Mitchell. "Many of the most-viewed stories that we're looking at here have real powerful imagery around them." **THE ASSOCIATED PRESS**



## Ninety-year-old has more fun than you

Lester Slate, right, a 90-year-old from Exeter, Maine, sits on the ground after his first skydiving jump made in tandem with instructor Matt Riendeau at Central Maine Skydiving in Pittsfield on Sunday.

KEVIN BENNETT/BANGOR DAILY NEWS/THE ASSOCIATED PRESS

### Alleged harassment

## Judge's accuser grilled in court

A man who says he was sexually harassed by a Manitoba judge faced accusations Monday that he is no innocent victim, but rather someone who is interested in sexual dalliances and has a history of suing people.

Alexander Chapman was the first witness to testify at an inquiry into Lori Douglas, a Court of Queen's Bench justice whose sexually explicit photos wound up on a website after her husband posted them without her knowledge.

THE CANADIAN PRESS

**B.C. woods**

## Filmmaker missing

RCMP in northern British Columbia are searching the woods for a documentary filmmaker from the United States

Warren Sill from Ohio was filming a documentary on a group of black bears that inhabit the area. Sill said he would be gone four or five days, but his parents say they haven't spoken to him since July 4.

THE CANADIAN PRESS



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## Festival d'été. Tuning in to one of Canada's best summer secrets

"This is an incredible place to be, an incredible city," says Raine Maida with a smile. Canadian rockers Our Lady Peace are just finishing a raucous hour-long set, and lead singer Maida pauses to gaze out at the 85,000 people spilling across the Plains of Abraham.

The crowd — mostly residents of Quebec City — roars back its approval. Maida smiles and gives a farewell in français: "Bon soir, mes amis."

But the night is far from over. Minutes later, Steven Tyler and Aerosmith explode onto the stage, complete with leather pants, sequin blazers and screams of "Holy s—, Quebec!" The pulsating crowd erupts with screams of approval.

Late Sunday, Quebec City wrapped the 45th edition of what by many accounts is the largest outdoor music festival in North America. The Festival d'été de Québec — or Quebec City Summer Festival — sold out its 150,000 wristband passes in less than 48 hours, and hosted more than a million visitors and upwards of 300 bands over 11 days.

Headliners this year included Bon Jovi, the aforementioned Our Lady Peace and Aerosmith, Skrillex, LMFAO, the Offspring, Sarah McLachlan and Lionel Richie. Past performers include Arcade Fire, Santana, Iron Maiden, Black Eyed Peas, Rush, Elton John, Metallica, the Black Keys, and many more.

It's a fest on par with big American attractions like Coachella or Bonnaroo (each sell about 75,000 wristbands), but while those two mega-festivals each cost about \$250 for three to four days, the non-profit and partially government-funded Festival d'été costs only \$65 for 11 days.

"When we tell bands that they're going to have crowds of 80,000 people, they never believe us," says festival production director Patrick Martin. "They're expecting a country field and a show in the mud."

The event did have humble beginnings, back in 1968, as a francophone festival featuring Quebecois music as well as acts from France. Then in 2003, organizers asked the



Massive crowds spilled out across the Plains of Abraham for Canada's biggest music festival, the Festival d'été de Québec, featuring 414 shows over 11 days. KASH KALEGI/FOR METRO

### Quoted

**"When we tell bands that they're going to have crowds of 80,000 people, they never believe us. They're expecting a country field and a show in the mud."** Festival production director Patrick Martin

people of Quebec City what they wanted in the festival.

The answer? "Stars and headliners," says Martin. "The programming now reflects that." The budget, too, has nearly quadrupled over the

past decade, and now sits at \$23 million.

You'd think with the huge names that sing in English and the almost comically low price, the festival would be a bigger draw to out-of-towners

from across Canada and the U.S., yet 69 per cent of attendees come from the Quebec City area.

So why don't the rest of us know about it? Canadian musician Grimes, who played at this year's fest, has a theory: "Most people outside of Canada haven't even heard of Quebec City. If it's not Vancouver or Toronto, it's not on people's radar. The funny thing is, this will probably be the biggest show I've ever played."

LIA GRAINGER/FOR METRO

### By the numbers

**45** Age of the Festival d'été in years

**167,500** Passes sold in 2011

**\$65** Cost of an 11-day festival wristband

**\$23M** This year's budget

### Years to remember

- **1968:** Seven local artists start the Festival d'été.
- **1980s:** The festival expands to include acts from Africa, Europe and the U.S.
- **1992:** The festival hosts 414 shows from 22 countries.
- **2008:** As part of Quebec's 400th anniversary, the festival draws 1.7-million spectators.
- **2010:** 28 per cent of Quebec City adults attend the festival, setting a record.
- **2012:** More than 90,000 people attend the Bon Jovi concert on the Plains of Abraham.



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# Drought worst since 1956, U.S. data shows

**Palmer Drought Index.** The report is based on a data set going back to 1895

The drought gripping the United States is the widest since 1956, according to new data released Monday by the National Oceanic and Atmospheric Administration.

Fifty-five per cent of the continental U.S. was in a moderate to extreme drought by the end of June, NOAA's National Climatic Data Center in Asheville, N.C., said in its monthly State of the Climate drought report. That's the largest percentage since December 1956, when 58 per cent of America was covered by drought.

This summer, 80 per cent



A field of corn withers in the high heat north of Wichita, Kan., Monday.  
THE WICHITA EAGLE/ THE ASSOCIATED PRESS

of the U.S. is abnormally dry, and the report said the drought expanded in the West, Great Plains and Midwest last month with the 14th warmest and 10th driest June on record.

America's corn and soybean belt has been especially hard hit over the past three months, the report said. That region has experienced its seventh warmest and 10th driest April-to-June period.

"Topsoil has dried out and crops, pastures and rangeland have deteriorated at a rate rarely seen in the last 18 years," the report said.

The report is based on a data set going back to 1895 called the Palmer Drought Index, which feeds into the widely watched and more detailed U.S. Drought Monitor. It reported last week that 61 per cent of the continental U.S. was in a moderate to exceptional drought. However, the weekly Drought Monitor goes back only 12 years, so climatologists use the Palmer Drought Index for comparing droughts before 2000. **THE ASSOCIATED PRESS**



## A close call at the waterfall

Jason Alessi avoids a swimmer as he jumps off a waterfall during the hot summer weather in Indian Falls, N.Y., on Monday. **DAVID DUPRE/ THE ASSOCIATED PRESS**

### AIDS battle

#### HIV drug approval a milestone in U.S.

The U.S. Food and Drug Administration on Monday approved the first drug shown to reduce the risk of HIV infection, the latest milestone in the 30-year battle against the virus that causes AIDS.

**THE ASSOCIATED PRESS**

### HIV-AIDS

#### Expert asks for help to end epidemic

The director of the B.C. Centre for Excellence in HIV/ AIDS, Dr. Julio Montaner, has called on the Canadian prime minister, premiers and opposition leaders to sign a commitment to help end the epidemic of the disease. **THE CANADIAN PRESS**

### Illicit networks

#### Google turns its search on criminals

Forget videos of cute kittens or good deals on iPads. Google Ideas, Google's think-tank, is working with the Council on Foreign Relations and others to look for ways to use technology to disrupt international crime. **THE CANADIAN PRESS**

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# Suspected war criminal may have been Canadian

**Budapest.** Simon Wiesenthal Center says an informant provided information that Csatory moved to Hungary after leaving Canada



**Efraim Zuroff, self-described chief Nazi hunter of the Simon Wiesenthal Center, says it received a tip about the suspect.**

DARKO VOJNOVIC/THE ASSOCIATED PRESS

Hungarian officials are investigating a suspected war criminal — who may also have been a Canadian citizen — to determine whether he has been living clandestinely in the capital for years.

Budapest prosecutors said Monday that they received information about the man from the Simon Wiesenthal Center's Jerusalem office, but they did not name him.

The centre has told prosecutors that a Budapest resident named Laszlo Csatory is believed to have been the police chief in the Slovak city of Kosice in 1941, and played a "key role" in sending more than 300 Jews to their deaths in Ukraine.

Csatory, who the centre says would now be 97, is also suspected of helping to organize the 1944 deportation of some 15,700 Jews to Auschwitz.

A man bearing a similar name lived in Canada as a citizen until August 1997, Canadian government officials say. A statement from Citizenship and Immigration Canada said Ladislaus Csatory had his Canadian citizenship revoked for resorting to "fraud and misrepresentation" to enter the country.

Csatory reportedly obtained

his citizenship in 1955, six years after emigrating to Nova Scotia from Europe. He is thought to have spent at least some of his time in Canada working as an art dealer in Montreal. The statement said Ladislaus Csatory left Canada voluntarily to avoid deportation.

A Ministry of Justice spokeswoman would not comment on whether there was a connection between Ladislaus Csatory and the man under investigation.

In April, a man named Ladislaus Csizsik-Csatory was placed at the top of the Wiesenthal Center's list of its most-wanted war-crimes suspects. Csizsik-Csatory had been convicted in absentia for war crimes in Hungary in 1948 and sentenced to death.

Word of the investigation has touched off domestic and international calls for Csatory to face trial for war crimes.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

## Sudan

### Army copter crashes in Darfur

Seven army officers were killed when their helicopter crashed in western Sudan, the country's official news agency says. SUNA quoted a military spokesman as saying that the helicopter was on an "administrative mission" over the western region of Darfur when a technical failure downed the copter.

THE ASSOCIATED PRESS

## Italian politics

### Berlusconi coy about comeback

Former Italian prime minister Silvio Berlusconi has hinted that he will attempt a return to power, using the old party name that brought him into politics two decades ago.

In an interview on Monday in Germany's Bild newspaper, Berlusconi said he is asked "often and emphatically" to step back into the political ring. "I can only say I won't let my old People of Freedom



**Berlusconi**  
THE ASSOCIATED PRESS

Party down. We will soon return to the old party name, by the way: 'Forza Italia' (Go Italy)." By Monday afternoon, however, enough of his political allies had criticized the name change to compel Berlusconi to back down, saying his was just a proposal, not a solid decision by the party.

THE ASSOCIATED PRESS

## West Bank settlements

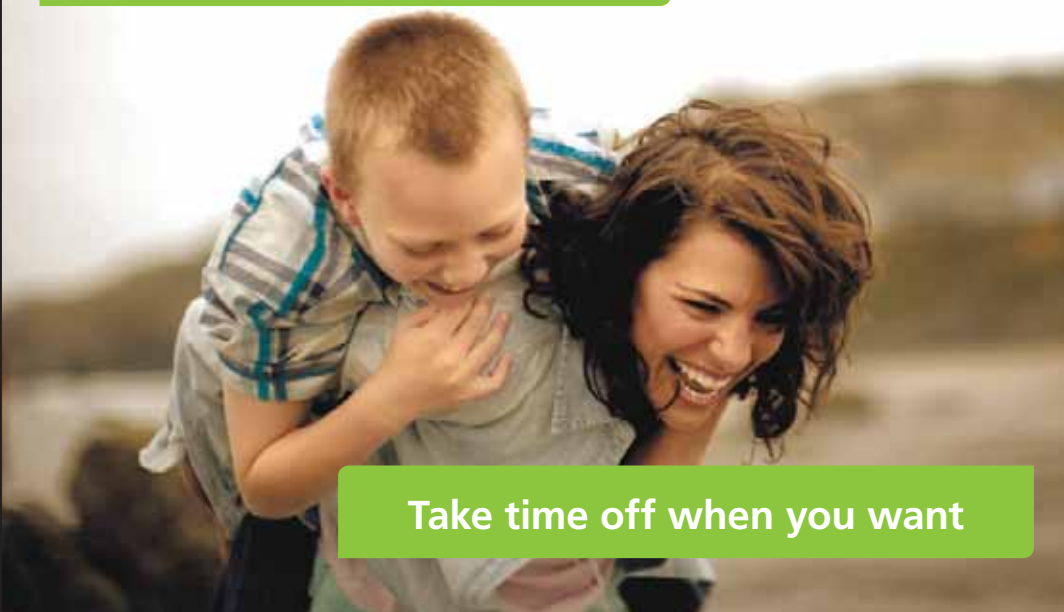
### Reject Levy report, U.S. Jews urge

Dozens of American Jewish leaders made a rare appeal to Prime Minister Benjamin Netanyahu, asking him to reject a report that says Israel is not occupying the West Bank. In a letter to Netanyahu, they say the Levy report would tarnish Israel's image and jeopardize prospects for peace with the Palestinians.

THE ASSOCIATED PRESS

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## Gulf. One dead as U.S. navy opens fire on fast-approaching boat

U.S. navy gunners aboard a re-fuelling ship opened fire on a small boat racing toward them in broad daylight on Monday near the Gulf city of Dubai, killing one person and injuring three.

The rare shooting not far from approaches to the Strait of Hormuz comes at a period of heightened tensions between the United States and nearby Iran.

An official with the United Arab Emirates said the vessel was a fishing boat. It was unclear why it might have veered so close to an armed U.S. vessel. A navy official said the incident is under investigation.

There was no immediate sign of Iranian involvement, or any indication that the incident was a reprise of al-Qaida's 2000 bombing of the USS Cole in Yemen.

U.S. military vessels routinely cross paths with Iranian ships in international waters in the Gulf without incident, but speedboats from Iran's Revolutionary Guard have passed close to U.S. ships in incidents that have raised alarm in Washington. In early 2008, then-President George Bush accused Iran of a "provocative act" after five small Iranian craft buzzed around the destroyer USS Hop-

per. THE ASSOCIATED PRESS

## Real estate. Canadian home resales drop in June

Canada's real-estate market is showing signs of cooling off with national home sales and the average home price down year over year, indicators that have at least one senior economist wondering if the once red-hot market is entering a "Big Sleep."

The new data from the Canadian Real Estate Association found the number of previously owned homes sold last month dropped 4.4 per cent from June 2011, the first annual decline since April 2011. Resales of homes were also down 1.3 per cent in June from May.

THE CANADIAN PRESS

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## Touch-based controls coming for Office

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. The addition of touch-based controls will enable Office to extend its franchise into the rapidly growing tablet computer market. Apple dominates that market with the iPad, though Microsoft has plans to compete with its own tablet, called Surface. JEFF CHIU/THE ASSOCIATED PRESS

## Goldman Sachs downgrades Tim Hortons to 'sell'

**Wall Street.** Increasing pressure in competitive market forces investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive coffee market.

### Slow growth

"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs

fee market.

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation" that could reflect increased pressure.

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month.

Earnings-per-share estimates were reduced to \$2.72 from \$2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to \$3.06 from \$3.13, and to \$3.34 from \$3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

THE CANADIAN PRESS

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## Economy. Canada continues with slow growth: IMF

The International Monetary Fund is calling for further government action amid signs the recovery is faltering in many countries, though Canada's outlook has held up better than most other advanced economies.

The 188-country organization said Monday that it expects Canada's economy will grow modestly, by 2.1 per cent this year and 2.2 per cent next year — virtually unchanged from the IMF's forecast in April.

That's not the case in many parts of the world. The IMF's July outlook warns that, after

a better-than-expected start to the year, growth is slowing in many parts of the world, shaving two-tenths of a point off of the IMF's 2013 estimate, which falls to 3.9 per cent.

The 2012 growth estimate has also been reduced, by one-tenth of a point, to 3.5 per cent.

The expansion is mostly due to strong, if moderating, growth rates in the emerging economies and smaller advanced economies, such as Australia. Overall growth in advanced economies is only expected to hit 1.4 per cent.

THE CANADIAN PRESS

### Market Minute

The Toronto stock market closed little changed Monday with limited gains.

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# READY TO RELINQUISH YOUR CREEPER ANONYMITY?



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

A collective groan was heard across the web last week when Facebook announced yet more changes are coming to the social-networking site. According to a July 11 blog post,

Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar "seen by" feature was added to Facebook's mobile-messaging service to let users keep track of when messages had been read. It's an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of "creeping" through others' online activity without detection. More than likely, you don't really want everyone to know when you've spent hours looking at (and silently judging) your ex-boyfriend's tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty-pleasure aspect of the social-networking site.

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren't cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We're happy to relinquish all of our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen.

Anonymous observation has arguably been one of the most important factors in Facebook's mass appeal. And while it wasn't too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social networking?



**Would you still creep if you knew the person you were creeping knew too?**  
CONTRIBUTED

Follow Jessica Napier on  
Twitter @MetroSheSays

# Olympic horse is a-maize-ing



REX FEATURES

## Olympic agriculture

### Equestrian design dashes through field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England's picturesque Lake District, has created in a maize field the image of a giant horse rider leaping over a jump in honour of Great Britain's equestrian team, which is highly favoured to win gold.

Every summer Wadsworth's farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. **METRO**



**Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED**

## Maize maze: A how-to

- **How it was made:** "The pattern was first designed on a computer, then it was plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don't make a mistake using this sort of technology."
- **How it was done before:** "Before, when GPS technology was not available, I used a device called a

fixed-point transmitter, which would relay information between a satellite and the moving tractor. It wasn't as accurate and once when the system batteries failed, one of the details of design I was working on — the head of a llama — did not come out as I had planned!"

- **How it was done long ago:** "We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete."



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@ztacy1:

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@autumnrosea:

The frogs are chirping loud this morning in #yeg. Dream weather for them!

@knotsalot:

Appropriate that I'm at the Belfast Titanic Exhibit when #yeg is having their water issues

@danichang:

WHAT taste of #yeg starts this week??? Bad week to start clean eating?

@rick\_gariepy:

How long can I nurse this Venti Americano before Starbucks realizes I'm just here for the free wi-fi? #yeg



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## 2

## SCENE

## Scene in brief

**Judges  
chided in  
Lohan case**

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan DUI case. Judges Marsha Revel and Elden Fox have been admonished by the state's Commission on Judicial Performance.

THE ASSOCIATED PRESS

## On the web



E! Entertainment  
Olympics plan has  
its own Kardashian  
connection



Marvel confirmed a movie version of Guardians of the Galaxy at Comic-Con. HANDOUT

# The ups and downs of Comic-Con 2012

**Review.** Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED  
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Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teasers and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditor-

ium into which fans line up for days. So, was it worth the wait?

## Biggest hits:

**Marvel Entertainment:** Riding into Comic-Con high on the wave of Avengers success, the comic book publisher turned movie studio announced a slew of new films, including sequels to Captain America and Thor.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's Iron Man 3.

In non-Avengers news, Marvel executive Kevin Fiege also confirmed a movie version of Guardians of the Galaxy, about an outer space-set team of mutants, aliens and

a raccoon sworn to fight off interstellar threats.

**Elysium:** District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge True Blood fan.

## Biggest misses:

**The Host:** While kicking off Comic-Con with a panel for the final Twilight film, the series' author, Stephenie Meyer snuck in a look at the film adapta-

tion of her followup, the Host, directed by Andrew Niccol. The footage of the sci-fi story about alien possession left fans scratching their heads — and some walking out before the screening had finished.

**Django Unchained:** While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for Kill Bill: Vol. 3. Not cool at all, Quentin.

## DVD reviews



## The Three Stooges

**Director.** Bobby Farrelly,  
Peter Farrelly

**Stars.** Sean Hayes, Chris Diamantopolous, Will Sasso

Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in The Three Stooges, which makes just two concessions to the modern era: a reality TV subplot involving The Jersey Shore cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.

PETER HOWELL



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If Batman tried to fly with his cape in real life, he'd probably die. HANDOUT

# Batman could be in for a rough landing

**Real-world testing.** Some physics students set out to discover the realities of Batman's cape-flying — here's what they learned

MICHELLE CASTILLO  
Metro World News in New York

In Christopher Nolan's Dark Knight trilogy, Batman soars over Gotham City in a specially-made cape that can become rigid in mid-air. It's not the flight portion that has physics students crying foul: It's Batman's crash landing.

University of Leicester's

David Marshall, Tom Hands, Ian Griffiths and Gareth Douglas proved that according to the laws of physics, Batman would fatally collide into the ground not gracefully plant his boots. The students wrote the paper, which was published this year in the University of Leicester Journal of Special Physics Topics, as part of their fourth year Master of Physics program requirements.

"My group and I were fans of the Batman movies and we were interested in whether Batman's cape would work in reality," Marshall told to Metro World News by email. "We decided to do a theoretical study as we didn't think it would be safe to go jumping from tall buildings ourselves!"

According to their research, if Batman jumped from a 150-metre building with a cape with a wingspan of 4.7 metres — about half the size that is used as a hang glider — he could travel about 350 metres. His initial velocity would be around 110 kilometres per hour and decrease until he reached about 80 kilometres per hour upon impact with the ground, killing him.

Despite disproving Batman's flight plans, Marshall is still excited to see the newest installment of the films, Dark Knight Rises.

"I didn't do this research to be a killjoy, I love a bit of science fiction in any form, and I hope my paper won't detract from anyone's enjoyment of the film," he said.

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# A Canadian actor's rise from science-fiction captain to crime solver

**Leading man.** Nathan Fillion chats about his career struggles and the man who gave him his big break

ROMINA  
MCGUINNESS  
scene@metronews.ca

Nathan Fillion's life changed the day he was cast as Captain Malcolm Reynolds in the cult space-western series *Firefly*, written and directed by Joss Whedon (*The Avengers*).

Today, Fillion, star of the TV series *Castle*, would like to thank Whedon ... for everything.

"*Firefly* was the most favourite job I ever had, I truly loved it. It was every dream come true. It changed me as a person; how I work and the kind of work I do. I feel stupid considering how emotional I get about it."

But when the show was prematurely cancelled, Fillion wasn't ready for it.

"I didn't see it coming. I'd fallen in love with it so it was like being broken up with the best girlfriend you've ever had. I was depressed and the only comfort I found was in chocolate ice cream. I put on 20 pounds and it wasn't pretty."

Thankfully, just two years

## Quoted

**"I find it very difficult wishing for more because I got everything I wanted."**

Castle star Nathan Fillion

later, Fillion was offered the lead in *Serenity*, a film based on *Firefly*. Yet another dream was coming true.

"I find it very difficult wishing for more because I got everything I wanted. I got the lead in a film and I was getting *Firefly* back in the biggest possible way."

Whatever Whedon asks for, Fillion does. "I have a rule: every time Joss calls me to say, 'let's do this project,' I'll do it. He's done more for me single-handedly than anyone else."

"I've had more success with *Castle* than I dared to dream of and I wouldn't have had it had it not been for Joss, because no one would hire me for a lead role. No one would give me a chance to prove myself. But Joss was that guy."

Following the box office success of Whedon's latest venture, *The Avengers*, can we expect a Captain Reynolds comeback?

"Joss changed my life, so I could never look at him and say 'more.' The most important thing is that people now know how clever he is. I find it very vindicating that everyone, not just his fans,

knows this."

But let's shift our focus over to Fillion's current role in ABC's comedy series *Castle*, where he plays Richard Castle, a mystery novelist helping the NYPD

solve unusual crimes.

So has he managed to pick up any good detective skills from the show? Apparently not. "Me, Nathan Fillion, solving crimes? I'm not very bright so no, a lot of murderers would get away."

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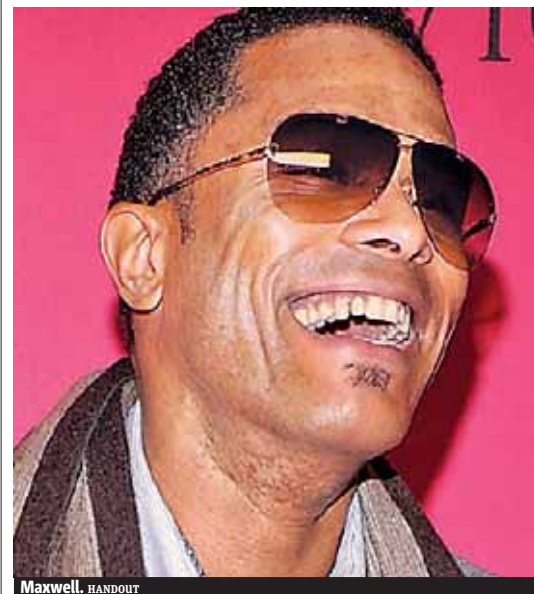
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## Maxwell. R&B crooner dishes on his new album



Maxwell. HANDOUT

Maxwell may have cancelled his six-date, three-city U.S. tour because of vocal hemorrhaging and swelling, but he's still hard at work on his upcoming album.

The soul crooner says *blackSUMMERS*' night, due out this year, will be more upbeat compared to his previous efforts. But don't expect to fist pump to his new sound. He also said the follow-up to 2009's Grammy-winning *BLACKsummers'night* will take on a gospel sound.

In a recent interview, the 39-year-old talks about his new music, D'Angelo's comeback and dance music's domination on U.S. radio.

### How's the new album coming?

It's my daily chore, let me tell you ... And I've got these other things that I'm doing with friends, other people's projects as

far as production, possibly guesting, those things come in and out ... I like it though.

I got to tell you, man, definitely it moves, it's not like I abandoned everything and I'm going to colour my hair purple and do the punk thing. No. But it definitely kind of moves somewhere else past the *BLACKsummers*' night super-soul perspective music, the way that that record was, we have a soul thing and we have a gospel thing on the new album, but we're definitely much more futuristic without the Auto-Tune.

### Is it a little more dance-y?

Yeah. It definitely gets you up in ways you wouldn't expect, you know. We have this song called *Of All Kind* and it's kind

of slow, but it boogies. And then we have up-tempos.

I always want to make it right and I'll be honest with you, when I came off the tour (in 2010) I really wanted to get back in (the studio) again, but I just wanted to take a break and just have a little bit of fun.

So you charge up your batteries and you have something to talk about because you went out, was talking to some girl about whatever, you have things to experience. Then I got a chance to not change the album, but take it up a notch and give it that 2012 thing because I had written so much of *BLACKsummers*' night over the course 2005-2007, and so some of the sound is outdated.

### Dance music has taken over U.S. radio. Are you a fan?

I like some of that music; I can't say I would go full-blown like that in terms of me doing that kind of music. I just think people want to pick up the pace a little bit ...

I'd be bored if radio just was stuck to one format, but will I go and make "house" records on my album? No. I probably would have a remix because I have no problem with that and I do like house on some level, but it's just not what I do.

But I think some guys do it well. I think Chris Brown does it well ... More like pop artists, they're more into hits. I'm not hit-driven. I get a lot of songs that people call me about being on or being involved in, and then I hear them later and they're like smash hits and I'm like, "Oh, I could have had that as a hit."

But I'm not so concerned because I'm not really trying to carve out this whole hit-monster energy. I want to be the thing you go to after you had all of that and had enough of all of that. That's my market. That's my little lane right there. **THE ASSOCIATED PRESS**



Actor Nathan Fillion as Richard Castle in ABC's *Castle* (left) and as Captain Malcolm Reynolds in *Firefly*. HANDOUT



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



Anne Hathaway ALL PHOTOS GETTY IMAGES

## It's all in her head: Haircut nothing short of shocking for Hathaway

Anne Hathaway is enjoying the ultra-short haircut she's sporting from filming *Les Misérables*, but it definitely took some getting used to.

"I wasn't expecting it to be such a big deal, because it was my idea," she tells Kelly Ripa during an interview. "I've now done backflips out of windows,

I've jumped off buildings, and cutting my hair reduced me to, like, mental patient-level crying. I was inconsolable."

## Who dumped who on *Idol*?

MONICA  
WEYMOUTH  
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving *American Idol* last week, both stars cited their busy, rewarding lives. How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to *TheWrap*.com, Lopez was actually let go when she asked for a \$2 million raise and Fox "surprised her" by declining to make a

counter offer. During an appearance on Monday's *Good Morning America*, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet ... I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells *TheWrap*.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedge.



Joshua Jackson



Diane Kruger

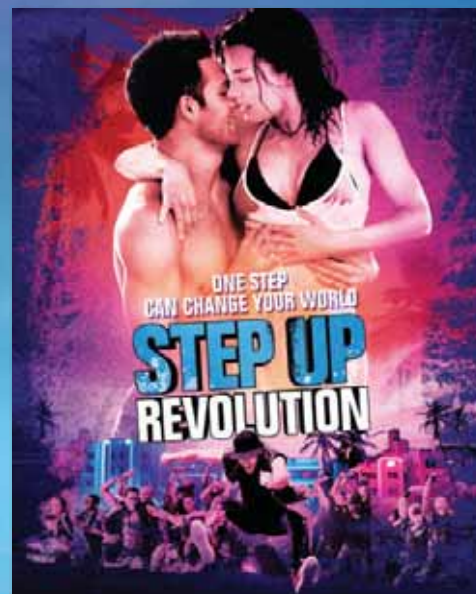
## Tres romantique! Jackson and Kruger falling for France

Joshua Jackson and Diane Kruger are settling into life living in Paris, and they couldn't be happier, the *Fringe* star tells *People* magazine.

"The most romantic thing about Paris for me is just walking around and being immersed in the city," Jackson says.

"Because Diane has lived there for so long and we have an apartment there, the most romantic part of our day is waking up in our own neighborhood and going down to a cafe and just having breakfast — which is a really quotidian thing to do, but to do it in that city is pretty nice."

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A TRIP TO MIAMI, THE VIBRANT AND SUNNY SETTING OF  
**STEP UP REVOLUTION!**

## Twitter



@driverminnie

We are writing and performing a play in 24 hrs. We are in hour 18. I feel vaguely nauseous and wish now that I'd gone to university



@julianne-moore

umm #the knicks the way things are going why not just have ME on the team. Old ladies are great point guards.



@AlbertBrooks

Breaking News: Romney promises to release more tax returns as soon as he can get the guy from Luxembourg on the phone.



@RyanSeacrest

Craving ice cream. Had to stop for a blizzard, butter finger Heath bar flavor.





# 3

## LIFE

### Fitness pick

### Slim line leggings

Celebrity trainer Tracy Anderson's slimming leggings are the perfect solution if you want to workout out looking and feeling your best. Inspired by her Metamorphosis workout program each model focuses on a specific problem area: the hips, glutes, thighs, or abs. Designed to tighten and tone (they nicely pull everything in) you'll never feel self-conscious during a workout ever again. If Sofia Vergara wears them — and she's a walking bomb shell — then we should all follow suit. Get great legs: The Omnicentric leggings are designed for women that gain weight all over.

ROMINA MCGUINNESS/METRO

### On the Web



Sports-related eye injuries not uncommon in summer sports but easily preventable

**Workout.** Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

ROMINA  
MCGUINNESS  
Metro World News

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets

### Quoted



**"Let this be the moment when you have no desire to reach for a gadget."**

reach for a gadget.

David Romanelli  
New York based Yogi



Is her BlackBerry is hidden under the mat? CONTRIBUTED

are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Peel yourself away from technology, he recommends. To do so, Romanelli suggests setting aside one moment in the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing gadget," he says.

"Our mind is a spoiled brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that

is. This 'thing' doesn't have to be spiritual, it can also be emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli. Yoga and Pilates are exercises that help you trigger sensations and get back in touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

Cut out the exercises below and take them with you during your next break.

### The workout

### How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.

#### 1. 100s:

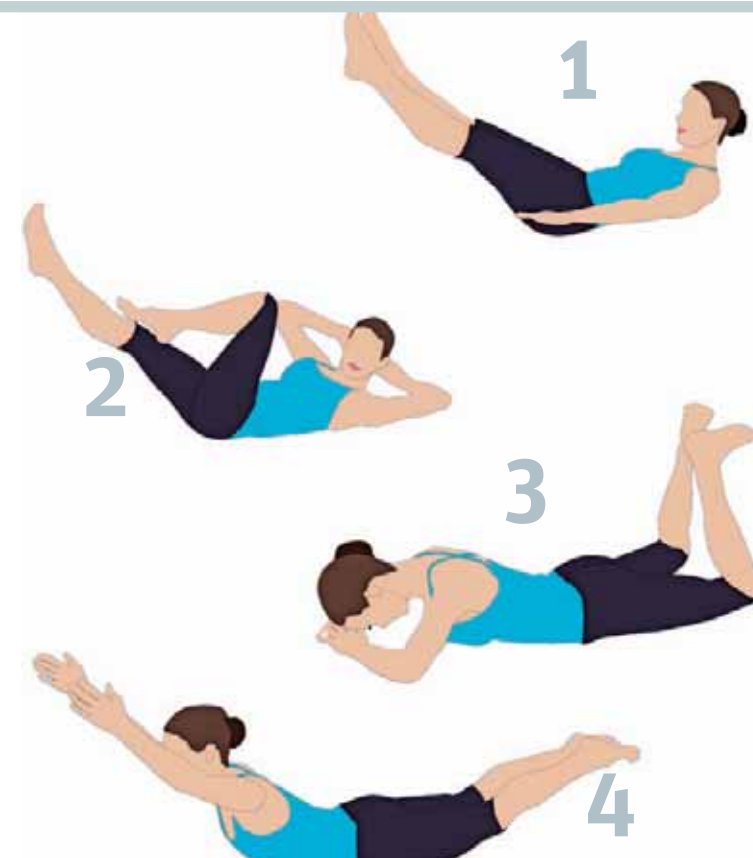
Lying on your back with your entire spine pressing in to the mat, lift your legs up in the air to a tabletop position and engage your lower abdominals.

Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.

**Reps:** 10

**Works:** core, hips, buttocks, arms and thighs



#### 2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your

head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow

outside of the bent knee.

**Reps:** 10

**Works:** core, inner and outer obliques, hips, shoulders arms and thighs

#### 3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.

**Reps:** 12

**Works:** lower back, abs, hips, buttocks and hamstrings

#### 4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.

**Reps:** 3

**Works:** the hamstrings, arms, lower back and butt



# TIME TO THINK AHEAD

## USE THE SUMMER TO REVIEW LAST YEAR, GET A JUMP ON NEXT

Summer break offers a great chance to catch up on last year's university and college reading and to get ahead of the game come September.

Todd Pettigrew, an associate professor of English at Cape Breton University, says reading ahead "saved his life" when he was doing his PhD.

"If you read it just because you feel like reading it, it's often a way to remind yourself that this is an interesting work of literature," he says.

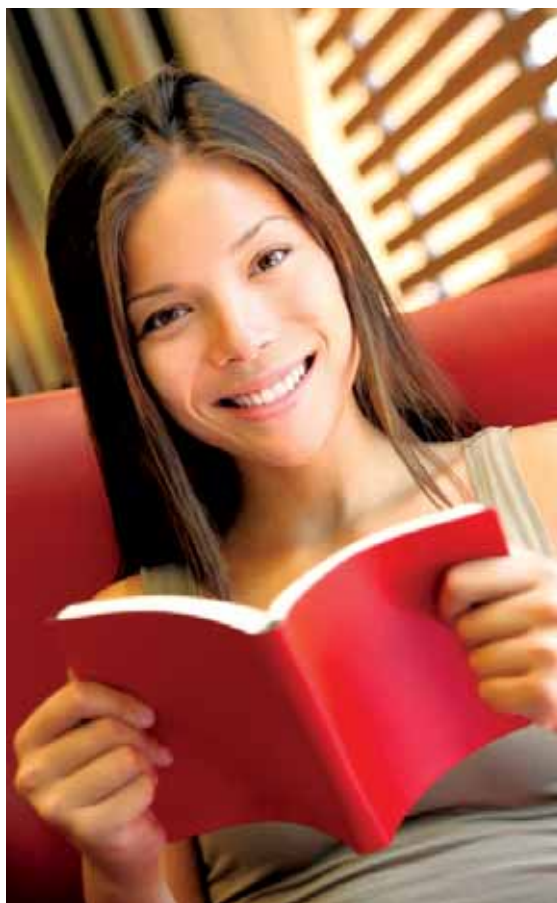
"One of the joys of summer for me has always been trying to carve out time to sit and read for pleasure."

First, catch up on last year's unfinished business. Second, get a start on next year's books.

Pettigrew says you can select books for double duty. For example, if you will be studying Russian literature and European history, Tolstoy's *War and Peace* will teach you about Napoleon's foolish attempt to take Moscow via one of the all-time greatest novels.

If you have beastly books like James Joyce's *Ulysses* on your list, Pettigrew advises you to "go and live there for a while," rather than focusing on finishing the novel.

Meg Martin, co-ordinator of orientation at the University of Calgary, urges

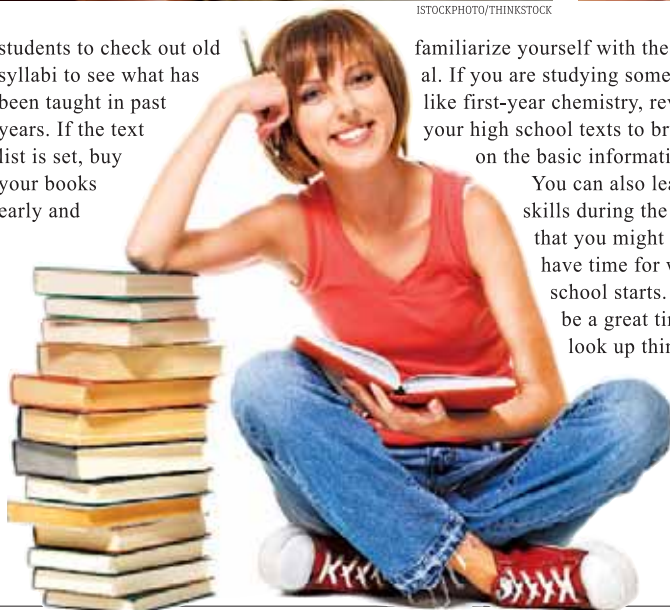


ISTOCKPHOTO/THINKSTOCK



ISTOCKPHOTO/THINKSTOCK

students to check out old syllabi to see what has been taught in past years. If the text list is set, buy your books early and



familiarize yourself with the material. If you are studying something like first-year chemistry, review your high school texts to brush up on the basic information.

You can also learn core skills during the summer that you might not have time for when school starts. "It can be a great time to look up things like


how to use citation systems. That's a really fundamental skill," Martin says.

U of C has a summer program called Common Reading. Each year the university selects one book and invites everyone on campus to read it.

"It's community building on the one side, and on the other side it's meant to help orient students to the academic expectations of university," Martin says.

The book is usually academic and of broad interest in a range of disciplines. The book this year is *Bitter Medicine: A Graphic Memoir of Mental Illness* by Clem Martini and Olivier Martini. The book works into the curriculums across the university; those who compose the best reflection win free textbooks and dinner with the authors.


— Jon Tattrie



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Andrea Suderman

NAIT PHOTO

# READY FOR ANYTHING WITH NAIT

Are you looking for short-term or part-time studies that can lead to employment in the trades?

Graduates of NAIT's job readiness programs have the basic trade skills to land those first jobs and get started in the apprenticeship system.

Students can attend evening, weekend or weeklong courses that concentrate on the practical skills of plumbing, electrical, insulating, sheet metal or painting and decorating. Tradespeople in these fields are in high demand, and employers are prepared to take on entry-

level workers with basic knowledge and practical skills of the trade and a commitment to becoming an apprentice.

Students spend 48 to 70 hours in labs and shops concentrating on practical skills including safety, and hand and power tool use, selection and maintenance.

## HOT JOB MARKET

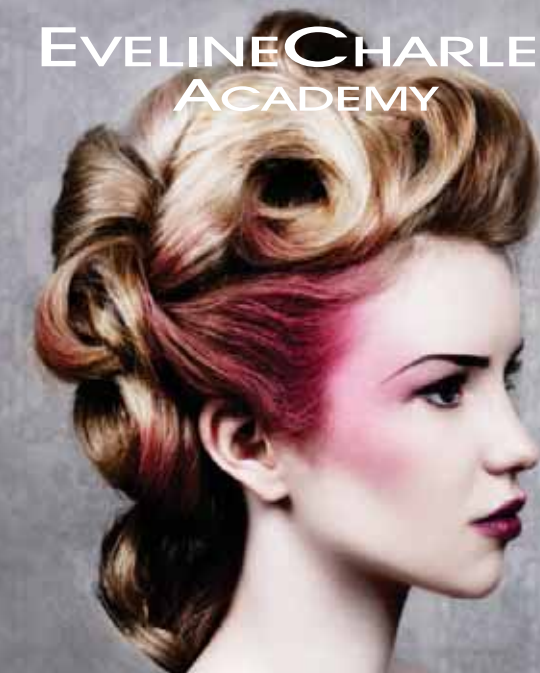
The Alberta economy is heating up and many tradespeople are moving into retirement, so employers are actively looking for people to work in the trades. This is the time to embrace your future in the trades with NAIT.

For more information on job readiness programs, contact NAIT at 780-471-6248 or visit [nait.ca/continuingeducation](http://nait.ca/continuingeducation).

- Plumbing and electrical job readiness teaches basic skills for residential or commercial application.
- Sheet metal job readiness prepares students to work with metals in the heating, ventilating and air conditioning (HVAC) field.
- Insulator job readiness provides basic training in insulating commercial piping systems for heat or cold.
- Painting and decorating job readiness lets students explore the application of paints, primers and spray gun equipment.

"Once I took the plumber job readiness course I was confident I had something to offer a prospective employer. I got a job the very first day I handed out resumés," says Andrea Suderman, plumber apprentice.

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# PURSUE SOCIAL JUSTICE AT NORQUEST

Temam Batee, a graduate of NorQuest College's Social Work with a Multicultural Focus diploma program, says he chose the program to support his community. For Batee, it's a community that extends from his home in Edmonton to his homeland of Oromo/Ethiopia.

Batee and his family fled Oromo/Ethiopia for Canada about 12 years ago. Since then, he has been a tireless advocate for Oromo/Ethiopia by helping raise awareness about the country's social and political conditions.

"Social work is really about the pursuit of social justice," says Batee, who has also travelled as far as Nuremberg, Germany, to speak about Ethiopian issues.

"Helping people who may have faced similar challenges to my own is part of why I chose to study social work. It's the right profession for me and offers me a way to give back."

The College's Social Work with a Multicultural Focus diploma program emphasizes and teaches the value of human diversity and teaches the practice in a supportive and empowering environment. First offered in 2008-09, the program recently received accreditation status from the Professional Social Work Education Board of the Alberta College of Social



NORQUEST COLLEGE PHOTO

Workers, the regulatory body of the social work profession in Alberta.

NorQuest College Community Studies chair Dr. Eugene Ip says the unique work and academic ambitions of graduates like Batee demonstrate the broad range of opportunities available in the social work field. An outstanding 95 per cent of the

college's graduates find employment or continue their education.

"NorQuest's program prepares professionals for the human service field and prepares students for further education," Ip says. "We see our graduates as caring, socially conscious and competent change agents in the communities they serve."

When applying to the Social Work with a Multicultural Focus diploma program, students are required to complete an admission interview to ensure they meet the admission and practicum requirements. Contact NorQuest College Community Studies at 780-644-6410 for more. For more about the college, visit [norquest.ca](http://norquest.ca).



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## NEW CAREER A CLICK AWAY AT DIGITAL SCHOOL

No one wants to sit in a classroom during Edmonton's short summer months, and at Digital School, you don't have to.

A career in Computer Aided Design can be just a short click away at Digital School with the part-time, online Computer Aided Drafter certificate, using live instruction via the Internet.

"It's the same certificate our full-time, on-campus students receive, but now students who couldn't commit to a full-time, daytime program can complete a Computer Aided Drafter certificate from their homes with a commitment of two evenings and a

Saturday every week," says Danny Luong, admissions adviser for Digital School.

Students of this program will receive the same instruction as the students in the six-month, full-time, in-class program, but over a span of 12 months.

Digital School also offers a number of full-time CAD (Computer Aided Design) programs as well, which are less than one year in length.

CAD courses include, Computer Aided Drafter certificate, Architectural CAD diploma, and Engineering CAD Technician diploma with Process Piping Specialization.

"If attention to detail is one of your strengths, if you like working with highly skilled professionals in an atmosphere of respect and purpose, if you have a keen eye for the aesthetic and the practical, a career in CAD might be just what you're looking for," says Luong.

Applications for the full-time programs are being accepted for the October intake.

For more about the part-time Computer Aided Drafter program, call 780-414-0200 or email [DannyL@digitalschool.ca](mailto:DannyL@digitalschool.ca).

For more information about Digital School, visit [digitalschool.ca](http://digitalschool.ca).

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# A CAREER IN BEAUTY AWAITS YOU AT EVELINECHARLES

The salon and spa business is growing locally and the industry is advancing internationally by leaps and bounds. It is also eagerly waiting to hire the next generation of professionals to help fill their salon and spa chairs.

EvelineCharles Academy, one of Canada's top places to launch a career in beauty, is responding to the demand through educating industry leaders with its recognized hair and beauty programs in two state-of-the-art facilities.

There is proof the industry is recession proof and now is the best time to consider a career in beauty. To inspire those who have the passion, EvelineCharles Academy has launched a social media contest — "Show Us What You've Got, for \$1,000 off your spot!"

Until Aug. 24, EvelineCharles Academy invites you to show off your talents with all things hair and beauty and tell the



HEMERA/THINKSTOCK

school how ready you are by entering the photo/mini-essay contest. Visit Facebook and like "EC Academy" to participate on the wall for the chance to win \$1,000 off your tuition.

Passion. It's in you. Master the skills and learn the business at EvelineCharles Academy.

Partnered with the Northern Alberta Institute of Technology (NAIT), EvelineCharles Academy helps students develop business acumen and learn how to be successful leaders and business owners. Enrol out of high school, and be guaranteed up to \$6,500 in bursaries.

Contact Jennifer Tsang at 877-709-5672 for more information. Or visit [ECAcademy.com](http://ECAcademy.com).

# ACADEMY OF LEARNING GIVES YOU A HEAD START

With beautiful summer weather and festivals in most people's immediate plans, it is not too early to start thinking about going back to school.

At Academy of Learning, starting now could mean you could be in a new career by next summer.

"A student who started in July with us would be finished before next summer, while the student who starts in September at the other college wouldn't be finished until spring of 2014," says Brady Sylvester, admissions adviser for Academy of Learning.

At Academy of Learning, a one-year program is equivalent to a normal two-year program at a semester-based college.

"Most Academy of Learning programs start new students every week," Sylvester says.

"People who feel their options are limited to September start dates should understand that they can begin their career training right away, and they will have a head start on their competition."

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.



ISTOCKPHOTO/THINKSTOCK

With their finger on the pulse of the labour market, Academy of Learning offers students opportunities to work towards careers where skilled employees are wanted.

They offer career training in the main areas of health care, office administration, accounting, IT, and web design.

By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting lists.

For more information about the health care aide program available at Academy of Learning, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

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- Business
- Community Studies

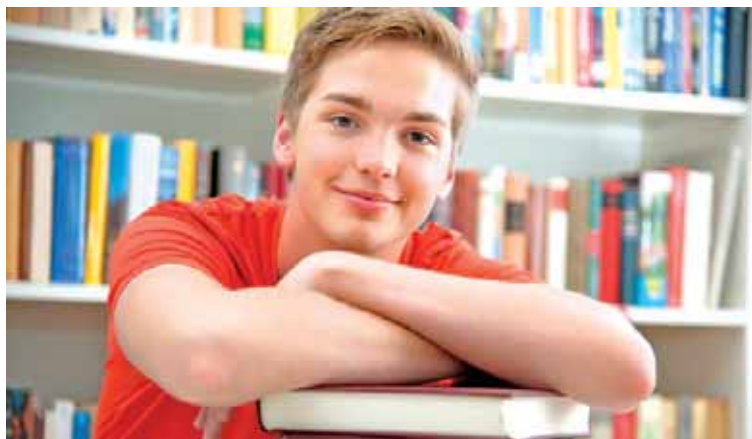
### GET WORKING

Join the 95% of NorQuest grads who find employment or continue their education.

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# YOU CAN LEARN FROM YOUR SUMMER JOB

WISE WORKER WILL EXTRACT  
WISDOM FROM ANY SITUATION

University and college students strive to get the “perfect” summer job, but sometimes it’s the imperfect ones that teach the deepest lessons. Love them or hate them, the wise worker will extract wisdom from even the most heinous occupations.

## IF YOU HATE THE JOB

If you land a hellish job collecting cigarette butts from under park benches, store that hurt away for when the career path gets rocky. It may be tempting to give up on a difficult search for your dream job, but you will have a vivid picture of the alternative to fire you up. If you get an office job and despise the cubicle life, take a fresh look at any career plans that will tie you to a chair. If you find it’s not the job or the chair, but the mere fact of having a boss, perhaps you are the type who will want to start her own business.

## IF YOU LOVE THE JOB

If you land a summer internship at your dream company, make the most of it. Turn up every day pumped and prepared. If your boss assigns you a task, do it with gusto. Introduce yourself to the rest of the staff and connect with them on sites like LinkedIn. Good companies use internships to source future staff.

## IF YOU DON'T CARE ABOUT THE JOB

If you get a job stocking shelves or waiting tables, chances are you won’t be back that way once you start your career. Use the time to learn how the rest of the world lives (your social circle tends to shrink as you age) and store those lessons away as you climb the corporate ladder. It will help you understand your company from the bottom to the top.

Your summer job may be your first foray into the “real” world. It will teach you how hard you have to work for how much money, and what your paycheque will cover for accommodation, food and lifestyle. It will teach you about yourself, and the kind of life you want. Pay close attention — school may be out, but the learning is just beginning.

— Jon Tattrie



# READY FOR A TRADE?

ARE YOU LOOKING FOR SHORT-TERM OR PART-TIME studies that can lead to employment in the trades? Graduates of NAIT’s Job Readiness programs have the basic trade skills to land those first jobs and get started in the apprenticeship system.

### Electrical Trades Basic Skills [ELE702]

Electrical safety and basic electrical code will be covered as it applies to commercial and residential installations.

Fee: \$940 Hours: 70

Tue & Thu, 6:00 - 9:00 pm and

Sat, 8:00 - 3:30 pm

Jul 23 to Aug 3, 2012 | Sep 25 to Nov 17, 2012 |

Oct 20 to Dec 8, 2012 | Jan 12 to Feb 21, 2013

### Insulator Job Readiness [INL702]

Program content includes safety awareness, basic trade math review, introduction to insulation properties, hand and power tool use, and working with insulation materials and piping systems.

Fee: \$995 Hours: 60

Tue & Thu, 6:00 - 9:00 pm

Sep 25 to Nov 29, 2012 | Jan 22 to Apr 4, 2013

### Painting & Decorating Job Readiness [PND702]

Program content includes safety awareness, basic trade math review, hand and power tool selection and use, care and maintenance of equipment, colour theory, repairing, priming and sealing surfaces, cutting in, and painting.

Fee: \$1125 Hours: 50

Mon to Fri, 9:00 am - 3:00 pm

Sep 5 to 18, 2012

### Plumber Job Readiness [PIP702]

Students will receive information on safety, rigging, hand and power tools, meters and regulators and an overview of codes.

Fee: \$850 Hours: 48

Tue & Thu, 6:00 - 9:00 pm

Sep 25 to Nov 15, 2012 | Jan 22 to Mar 21, 2013

### Sheet Metal Job Readiness [SML702]

Program content includes safety awareness, trade math review, introduction to pattern development, correct use of hand and power tools, and overview of metal properties.

Fee: \$995 Hours: 60

Tue & Thu, 6:00 - 9:00 pm

Sep 25 to Nov 29, 2012 | Jan 22 to Apr 4, 2013



For more information or  
to register call 780.471.6248  
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**50**



# Getting hitched? Consider a pre-nup

**What's at stake.** A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt



**YOUR MONEY**  
Allison Griffiths  
money@metronews.ca

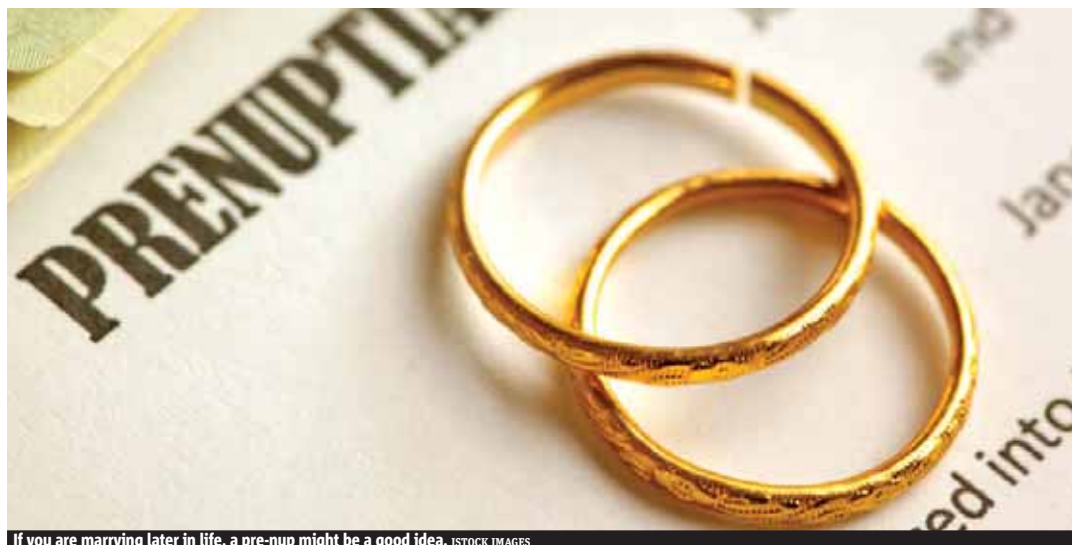
Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign

## More info

Visit [boomerandecho.com/is-a-pre-nup-really-necessary/](http://boomerandecho.com/is-a-pre-nup-really-necessary/) for more pre-nup information.



If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's

property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development

Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you

consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

## Do you need a pre-nup?

### Four areas of concern:

- **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.

- **Inheritance.** Especially if there are children, consider segregating all or a portion.

- **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.

- **Debt.** Nothing could be worse than having to share a soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

# The cost of summertime fun: Zilch, zero, nada



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

I spent last Sunday afternoon watching my best friend compete in horse jumping at Spruce Meadows, a world-class equestrian facility just south of Calgary.

The weather was beautiful, the competition lively and the laughter infectious as families and friends picnicked and shared the experience. Amazingly, the cost for those attending was zilch ... zero ... nada! That's my kind of activity.

Check out what's happening in your city by looking online at community websites and newsletters. Many festivals, sporting events, plays, lakes and outdoor parks are free to attend. Plan picnics, hike, bike and take advantage of recreational passes to pools and other city-run amenities.

Host

friends and family at a pot-luck barbeque and game night.

If you have a family, enroll your children in free literacy programs at your local library. Having worked at the public library for four years while going to school, I can vouch for these programs, which often include face-painting, arts, crafts, reading, plays, movies and the occasional outdoor excursion.

Use Groupon.com or other coupons to

## Fun for less

**Many festivals, sporting events, plays and parks are free to use. Plan picnics, hike, bike and use passes to pools and other city amenities.**

buy discounted family passes to movies, local museums, the zoo and amusement parks.

Rethink your holiday. If flying to London for the Olympics is out of your budget, vacation closer to home.

Keep on the lookout for last-minute deals like Westjet's Blue Tag events or use websites like Hotwire.com. Look through your account statements to see



Plan a picnic or host a potluck or BBQ at a local park. ISTOCK IMAGES

where you've collected loyalty points. Cash your points in for free flights, car rentals, train tickets and accommodations.

Get your car tuned up and

hit the highway to a nearby vacation destination. Target a place outside a major hub where

accommodations are less expensive, such as a bed and breakfast or campground.

Better yet, stay with family and friends or swap your house through a website like houseexchange.com or homelink.org.

Alternatively, save your travel for the off-season and enjoy the summer weather right here at home. You'll benefit from reduced rates on just about every aspect of your travel.

Last April, following Spring Break, my cousin and I went to Maui for \$1,000 per person, which included taxes, flight and hotel. If we'd traveled just one week prior (high season), we would have spent nearly \$3,000 per person for the exact same trip.

**FOLLOW LESLEY ON TWITTER @LESLESCORGIE**







Financial Basics is an interactive workshop that covers key aspects of money management. ISTOCK IMAGES

# Teaching financial basics to kids has never been easier

Many parents want their children to learn the principles of sound money management so they can make the best financial decisions later on.

But parents don't always have the knowledge they need to guide their children. So parents will be happy to learn that there are tools available to help their kids learn the basics of personal finance.

Financial Basics is an interactive, hands-on workshop developed by the Financial Consumer Agency of Canada (@FCACan), in collaboration with the Investor Education Fund of Ontario and journalist and author Ellen Roseman.

Its objective content is provided at no cost and deals with expenses, credit debt management, saving, investments and fraud prevention.

The workshop covers all key aspects of personal

money management.

Designed by subject matter experts, this basic, easy-to-use workshop can also be used by post-secondary educational institutions, community organizations and employers.

Financial Basics includes comprehensive and varied workshop materials (for example, participants' handbooks and slides), making the content easy to teach and tailor for different audiences.

Financial Basics workshop materials can be

downloaded or ordered at no cost from [itpaystoknow.gc.ca](http://itpaystoknow.gc.ca).  
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# Dip your way to a delicious twist on traditional hummus

## White Bean and Artichoke Hummus



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



**ROSE REISMAN**  
for more, visit  
rosereisman.com

unique twist on traditional hummus! The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt

and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine  
**ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

## Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

## Nutritional analysis

How does this dip stack up nutritionally per serving?

- **Calories.** 79
- **Protein.** 2 g
- **Carbohydrates.** 6 g
- **Fibre.** 1.7 g
- **Total fat.** 5 g

## Health Solutions

### Five hidden fibre gems



**NUTRI-BITES**  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

Women need 25 grams of fibre each day and men need 35. On average, we each get 11.

If you are underperforming because you don't know which vegetables are highest in fibre, fret not, mystery solved.

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

### Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy. **Total: 10 grams of fibre**

### Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the

nutrients more available to your body. **Total: 9 grams of fibre**

### Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt. **Total: 11 grams of fibre**

### Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream. **Total: 28 grams of fibre**

### Avocado (1/4 raw)

Here is your high fat honey, but it is all good fat and worth every nibble. Ever thought about grilling it? **Total: 17 grams of fibre**

All amounts are per 1/2 cup cooked unless noted.



**THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

# A choice between love or career

## Dating at work.

Office romances can be a tricky endeavor, which could potentially hurt your career

**PHOEBE HO**  
For Metro

Besides providing comic relief and a heartwarming love story, the hit American show *The Office* is also a great guidebook for office couples, according to a branding expert.

Watching the show's office couple Jim and Pam gang up on their arch enemy Dwight is a hoot on TV, but in reality alienating co-workers is just one of the many issues inter-office romances stir up, says branding expert Nancy Shenker and author of *Don't Hook Up with the Dude in the Next Cube*.

"The Office is a great example of both good and bad, the goods were that they met, they married, they fell in love, they lived happily ever after, but the bads are that it does alienate them in some ways from the rest of the people in the office," she says.

And that's just one of the



Workplace love stories, like the one seen in *The Office*, may seem enticing, but in reality it can be a very different story. HANDOUT

many problems with office dating, she says. In many cases, when relationships don't work out, it strains the work relationship and makes it "perpetually awkward" for both the couple and those around them.

"Whenever human emotions come into play, it gets really dicey and that happens with same sex relationships as well," says Shenker, who has years of experience as a boss.

With about 38 per cent of workers admitting to dating

a co-worker at least once in their career in a 2011 survey by CareerBuilder, Shenker says it's virtually impossible to stop office romance from happening — with or without an office dating policy.

But she warns that inter-

office romances are complicated, and could potentially hurt your career and/or impact your professional reputation.

As a boss, Shenker's first concern about office romance is its potential impact on pro-

ductivity and confidentiality issues.

For the career-driven, a thoughtless office romance could put a damper on one's professional aspirations. From a personal branding point of view, Shenker says dating a co-worker, or worse, an employee, shows a lack of self-control.

"Once you get to a certain level in the business food chain, you have a level of accountability and responsibility that really should take precedence over your human urges," she says. "It would make me question their professional judgment."

But there are exceptions to every rule. Shenker says for those who do find their soul mate at work, they need to tread carefully, "Do it with your eyes wide open," and set up ground rules.

And if true love surpasses hierarchical positions, then one person should think of leaving the company to avoid feelings of favouritism amongst coworkers.

Ultimately, it's a choice between love or career.

"If it really is your true love, then yes, it's totally worth it, cause you can always get another job, but you can't always find another soul mate," says Shenker. "That's the romantic in me speaking."



Sports in pictures



1 **MLB.** Reds' Votto out for up to a month

Reds first baseman Joey Votto will have surgery to repair torn cartilage in his left knee, sidelining him for three to four weeks.

The 2010 National League MVP hurt the knee in late June but kept playing. He had a medical exam Monday evening that detected the injury.

THE ASSOCIATED PRESS

2 **CFL.** Als take care of head coach Trestman

Marc Trestman looks to be settling in for a long stay as head coach of the Montreal Alouettes.

Owner Bob Wetenhall announced Monday that Trestman's contract, which was due to expire at the end of this season, has been extended by four years.

THE CANADIAN PRESS

3 **NBA.** Heat taking their talents to China

The NBA champion Miami Heat will play two pre-season games against the Los Angeles Clippers in China this fall.

The teams will meet Oct. 11 in Beijing and Oct. 14 in Shanghai.

THE ASSOCIATED PRESS

## NHL. Green remains a Capital after 'long process'



Mike Green re-signed with the Capitals on Monday. GETTY IMAGES FILE

The Washington Capitals didn't wait long to make Mike Green a better offer.

The Capitals signed the defenceman to a \$18.25-million US, three-year contract on Monday. The move comes a day after Green rejected a \$5-million, one-year qualifying offer from Washington and became a restricted free agent.

Green will earn \$6 million in 2012-13 and 2013-14 and \$6.25 million in 2014-15 after playing just 81 games over the last two injury-plagued seasons.

"It's been a long process," Green said in a conference

Quoted

"It was unfortunate the last couple of years that I've suffered through some injuries, but I believe that I'm over them. I think I've got them all out of my system."

Mike Green

call. "Negotiations started early in the year then obviously with the setback of the injury we were going to wait. And then wait after the playoffs, then after the draft,

then after free agency, so it's been pushed back."

The 26-year-old Calgary native has seen his production drop over the last two limited seasons. He played just 32 games in 2011-12 due to a groin injury and had three goals and four assists.

The Capitals are gambling Green can get healthy and return to his previous form, which saw him break the 70-point plateau in the 2008-09 and 2009-10 seasons. He has reached double digits in goals three times, including a 31-goal season in 2008-09.

THE CANADIAN PRESS

## Jose Bautista hurt in Blue Jays loss to Yankees

**MLB.** Raul Ibanez grand slam in eighth inning breaks 2-2 tie to give New York the victory

Before Monday night's game at Yankee Stadium, Toronto Blue Jays manager John Farrell made a point of gathering his team together to impress upon them the importance of this six-game road trip through New York and Boston.

It wasn't a rallying cry, Farrell said. Not even a speech.

But his message was clear: This week's games have the potential to define their season.

"Not only who we are, but what we're capable of."

Farrell's challenge to his charges has taken on a whole new meaning after their best player, Jose Bautista, left Monday's game in the eighth inning with an injury to his left wrist.

Fortunately for the Blue Jays, X-rays proved to be negative and early diagnosis indicated a tendon issue. Bautista will have an MRI on Tuesday.

Bautista appeared to be in considerable pain, crumpling to the ground and clutching his left wrist after pulling a David Robertson pitch foul.

Monday's game

6

Yankees

3

Blue Jays

The team's home-run leader had tucked his hands into his body to put the barrel of his bat on Robertson's inside pitch and appeared to strain his wrist as he followed-through.

Farrell's pre-game meeting was about the tough second-half schedule that lies ahead of his team, which will certainly be tougher if their slugging right fielder is out for any extended period of time.

Monday night was the first of 16 games the Jays will play against the first-place Yankees and 44 games against AL East rivals before the season ends.

The Yankees beat the Jays 6-3 on the back of an eighth-inning grand slam by Raul Ibanez, the 10th of his career.

The Jays had come from behind to tie the game 2-2 in the sixth inning, with Bautista scoring all the way from first base on an Edwin Encarnacion double.

TORSTAR NEWS SERVICE



Jose Bautista grabs his wrist in pain during the eighth inning Monday in New York. SETH WENIG/THE ASSOCIATED PRESS

Tour de France

### Fedrigio wins 15th stage on home turf

Pierrick Fedrigio of France won Monday's 15th stage of the Tour de France by leading a two-man final breakaway, while Bradley Wiggins kept the overall lead as he stayed with his rivals in the main pack far behind.

THE ASSOCIATED PRESS



Pierrick Fedrigio THE ASSOCIATED PRESS

Tennis

### Federer reigns with most weeks as top ATP player

Roger Federer surpassed Pete Sampras on Monday to set the record for the most weeks at No. 1 in the ATP rankings.

After winning Wimbledon a week ago, Federer returned to the top for

the first time since June 2010. Monday marked his 287th week at No. 1, one more than Sampras.

The 17-time Grand Slam champion also tied Sampras' record of seven Wimbledon titles.

Federer first became No. 1 in 2004.

He spent 237 consecutive weeks at No. 1 from February 2004 to August 2008.

THE ASSOCIATED PRESS

# 4

## SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis' commitment in his weekly television interview and then apologized to him a day later.

"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports



A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost. Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.



# Van Beilen riding wave of momentum to London

**Swimming.** Oakville teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing. Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, Van Beilen, a distinctly un-chubby 18-year-old, is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics must have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the

## Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

- But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24:03 was, at that point, the second-fastest time in the world this year.

Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition. In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She at-



Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100 and 200 breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

tended the birthright of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks

at school. Teachers would occasionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set up a quiet room for Van Beilen to nap through her spares.

She graduated last year.

TORSTAR NEWS SERVICE

## Record arrivals

### Heathrow Airport has its busiest day

The opening ceremony is still 11 days away, but for many in London, the Olympics really got started Monday.

Heathrow Airport had its busiest day ever as thousands of athletes — from Dutch beach-volleyball players to South Korean gymnasts — landed with their javelins, bicycles and sails, and moved smoothly through customs.

Motorists grappled with new traffic lanes painted with the Olympic rings and reserved for only official vehicles and dignitaries. At least one American athlete tweeted that his bus got lost on the way from Heathrow.

Smart-looking sailors

guarded the gates to Olympic Park, looking so cheerful that visitors would never guess they had been pulled off leave only a few days ago to fill an embarrassing security gap when a private contractor failed to provide enough personnel.

And as the Olympic flame made its way beside the seaside in the resort of Brighton, organizers revealed plans for its arrival later this week in London. How's this for an entrance: A Royal Marine carrying the torch will slide down a rope from a helicopter into the Tower of London.

There was a feeling of Olympian scale at Heathrow — the airport was handling some 236,955 arrivals and departures Monday, breaking the record of 233,562, set on July 31, 2011. THE ASSOCIATED PRESS

# Expectations tempered for Canadian track-and-field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games. Here's a look at the Canadian track-and-field team's medal potential.

## Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track-and-field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team. Athletics Canada

head coach Alex Gardiner says the team is still gunning for two to three medals, but the absence of Lopes-Schliep makes one medal more realistic.



## Dylan Armstrong, Kamloops, B.C.

He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.



## Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS



# Host effect. U.S. study predicts Britain could win 62 Olympic medals

A U.S. study has predicted that Britain will easily beat its goal of winning at least 48 medals, including 25 golds, at the London Olympics.

The Tuck School of Business at Dartmouth released a study Monday, which calculated that competing on home turf could be worth an additional 15 medals for the British team over the 47 it won at the 2008 Beijing Olympics.

The study's predictions of a possible 62 British medals — giving the host nation the fourth-highest overall medal prediction — are in line with bets being offered by London's usually savvy bookmakers.

Even better for the British

## By the numbers

# 542

The biggest delegation at the London Olympics will be in red, white and blue. The Union Jack variety, though. The United States will only have the second-biggest squad in London, with 530 competitors, while the British will have 542 athletes.

athletes, Tuck underestimated the U.K. medal total in 2000, 2004 and 2008. If that trend continues, the medal haul could be higher this year.

The study predicts the U.S. will get 103 medals, followed by China with 94 and Russia with 67. THE ASSOCIATED PRESS





U.S. President Barack Obama talks with his former personal aide Reggie Love at an exhibition game between the U.S. and Brazil on Monday night in Washington. The U.S. won 80-69. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

# Obama isn't buying Bryant's Dream Team comparisons

**Basketball.** U.S. president — and Air Jordan fan — says '92 team has edge over current crop of talent

Add U.S. President Barack Obama to the list of people who disagree with Kobe Bryant's boast that this year's USA Olympic basketball team could beat the Dream Team of 1992.

"This is a generational thing," Obama said during a

## Quoted

**"You know Kobe's a competitor, so you expect him to do a little trash talking whenever the opportunity arises."**

U.S. President Barack Obama

halftime interview with ESPN2 as it broadcast an exhibition game between the U.S. and Brazil Monday in Washington. "I was around '92, I was a Bulls fan, so I've got to go with the original Dream Team."

Bryant said recently that this team — deep and athletic with the likes of Bryant, LeBron James and Kevin Durant — would even beat the 1992 lineup. Its members included hall-of-fame players Michael Jordan, Larry Bird, Magic Johnson, Charles Barkley, Patrick Ewing, Scottie Pippen and Chris Mullin.

"I suspect that Michael and 'Sir Charles' and others would point out they were probably never down at any point in any of their games," Obama said. "But this is a great team, unbelievable talent."

THE ASSOCIATED PRESS

## Security

### Jobs in jeopardy after guard shortage

The chairman of G4S has indicated that senior managers may be in danger of losing their jobs following the security company's failure to recruit sufficient staff for the Olympic Games.

The Financial Times on Monday quoted company chairman John Connolly saying "it would be right to consider whether any members of the senior team are best placed to take the company forward."

Britain is calling in 3,500 troops to cover the positions G4S could not fill. The company said Monday its loss on the contract would range between 35-million and 50-million pounds (\$55 to \$124 million US) in this financial year.

THE ASSOCIATED PRESS

## Git'er Done. Olympian releases 'Jon Canadian' video ahead of Games

Skeleton racer Jon Montgomery felt the love from Canadians when he made his famous celebratory walk with a jug of beer at Whistler Village after winning Olympic gold.

Now he wants to do his part to inspire Canadians to support the country's summer Olympians.

Montgomery has released a "Jon Canadian" online video in the spirit of a popular beer commercial from over a decade ago. The original Molson ad featured "Joe," an average guy who ranted about Canadian culture.

Montgomery is in all his Canuck glory over the 83-second piece, titled "Good Luck and Git'er Done in London."

He reflects on how the 2010



Jon Montgomery at the Vancouver Olympics in February 2010. GETTY IMAGES

Games changed the country and does it with the same guy-next-door demeanour that Canadians found so endearing two years ago. Montgomery hopes the video will get people excited and give the Canadian team a boost ahead of the London Games. THE CANADIAN PRESS

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#N0490, 5.3 L V8 6 spd auto, 40/20/40 bench seat, running boards, trailer brake control, air, tilt, cruise, PW, PDL, aluminum wheels, OnStar Turn-by-Turn Nav, CD/MP3/Sirius XM Radio, HD trailer towing pkg, ABS, StabiliTrak, remote vehicle start and keyless entry, locking rear diff, DIC, and more



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## MLB

## AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	55	34	.618	—
Baltimore	46	43	.517	9
Boston	46	44	.511	9½
Tampa Bay	46	44	.511	9½
Toronto	45	45	.500	10½

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	49	40	.551	—
Detroit	47	43	.522	2½
Cleveland	46	43	.517	3
Kansas City	38	50	.432	10½
Minnesota	37	52	.416	12

WEST DIVISION				
	W	L	Pct	GB
Texas	54	35	.607	—
Los Angeles	49	41	.544	5
Oakland	46	43	.517	8
Seattle	38	53	.418	17

## Monday's results

Detroit 8, L.A. Angels 6  
N.Y. Yankees 6, Toronto 3  
Boston 5, Chicago White Sox 1  
Cleveland 3, Tampa Bay 2  
Minnesota 19, Baltimore 7  
Seattle 9, Kansas City 4

## Sunday's results

L.A. Angels 10, N.Y. Yankees 8  
Toronto 3, Cleveland 0  
Detroit 4, Baltimore 0  
Boston 7, Tampa Bay 3  
Chicago White Sox 2, Kansas City 1  
Oakland 9, Minnesota 4  
Texas 4, Seattle 0

## Tuesday's games

L.A. Angels (Richards 2-1) at Detroit (Ja.Turner 0-0), 7:05 p.m.  
Toronto (Cecil 2-1) at N.Y. Yankees (Sabathia 9-3), 7:05 p.m.  
Chicago White Sox (Humber 3-4) at Boston (Lester 5-6), 7:10 p.m.  
Cleveland (Tomlin 5-5) at Tampa Bay (M.Moore 5-6), 7:10 p.m.  
Baltimore (Britton 0-0) at Minnesota (Deduno 0-0), 8:10 p.m.  
Seattle (Beavan 3-6) at Kansas City (Teaford 1-3), 8:10 p.m.  
Texas (Oswalt 2-1) at Oakland (B.Colon 6-7), 10:05 p.m.

## Wednesday's Games

Toronto at N.Y. Yankees, 1:05 p.m.  
Texas at Oakland, 3:35 p.m.  
L.A. Angels at Detroit, 7:05 p.m.  
Chicago White Sox at Boston, 7:10 p.m.  
Cleveland at Tampa Bay, 7:10 p.m.  
Baltimore at Minnesota, 8:10 p.m.  
Seattle at Kansas City, 8:10 p.m.

## YANKEES 6, BLUE JAYS 3

Toronto	ab	r	h	bi	New York	ab	r	h	bi
Lawrie 3b	5	0	0	0	Jeter ss	4	0	0	0
Rasmus cf	5	0	0	0	Grndrs cf	4	0	1	0
Bautist f	2	1	0	0	AlRdrg dh	4	2	2	0
BFmcs ph-rf	0	0	0	0	Cano 2b	3	1	2	1
Encnc lf	4	0	2	1	Teixeira 1b	1	1	0	0
Lind dh	3	1	1	1	Swisher rf	4	0	1	0
YEscor ss	4	0	0	0	Ibanez lf	3	1	1	4
KJhnsn 2b	3	1	0	0	Wise lf	0	0	0	0
RDavis lf	4	0	2	0	ErChvz 3b	3	0	0	0
Arencic c	3	0	1	0	RMartin c	4	1	1	1
<b>Totals</b>	<b>33</b>	<b>3</b>	<b>6</b>	<b>2</b>	<b>Totals</b>	<b>30</b>	<b>6</b>	<b>8</b>	<b>6</b>
Toronto	000	101	001	3					
New York	011	000	04x	6					

E—Wise (1). DP—Toronto 2. LOB—Toronto 8,

## NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	51	36	.586	—
Atlanta	49	39	.557	2½
New York	46	43	.517	6
Miami	43	46	.483	9
Philadelphia	39	51	.433	13½

CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	50	39	.562	—
Pittsburgh	49	39	.557	½
St. Louis	47	43	.522	3½
Milwaukee	42	47	.472	8
Chicago	36	52	.409	13½
Houston	33	56	.371	17

WEST DIVISION				
	W	L	Pct	GB
San Francisco	49	40	.551	—
Los Angeles	48	42	.533	½
Arizona	43	46	.483	6
San Diego	36	54	.400	13½
Colorado	34	54	.386	14½

## Monday's results

Arizona 5, Cincinnati 3  
Miami 5, Washington 3  
St. Louis 3, Milwaukee 2  
Pittsburgh at Colorado  
Houston at San Diego  
Philadelphia at L.A. Dodgers

## Sunday's games

Washington 4, Miami 0  
Atlanta 6, N.Y. Mets 1  
Milwaukee 4, Pittsburgh 1  
Chicago Cubs 3, Arizona 1  
Philadelphia 5, Colorado 1  
San Francisco 3, Houston 2  
San Diego 7, L.A. Dodgers 2  
Cincinnati 4, St. Louis 2

## Tuesday's games

N.Y. Mets (Niese 7-4) at Washington (Detwiler 4-3), 7:05 p.m.  
Arizona (Bauer 1-1) at Cincinnati (Cueto 10-5), 7:10 p.m.  
San Francisco (Zito 7-6) at Atlanta (Jurriens 3-2), 7:10 p.m.  
Miami (A.Sanchez 4-6) at Chicago Cubs (T.Wood 4-3), 8:05 p.m.  
St. Louis (J.Kelly 1-1) at Milwaukee (Wolf 2-6), 8:10 p.m.  
Pittsburgh (Bedard 4-10) at Colorado (Friedrich 5-6), 8:40 p.m.  
Houston (Lyles 2-5) at San Diego (Ohlendorf 2-0), 10:05 p.m.  
Philadelphia (Halladay 4-5) at L.A. Dodgers (Undecided), 10:10 p.m.  
Wednesday's games  
St. Louis at Milwaukee, 2:10 p.m.  
Philadelphia at L.A. Dodgers, 3:10 p.m.  
Pittsburgh at Colorado, 3:10 p.m.  
Houston at San Diego, 3:35 p.m.  
N.Y. Mets at Washington, 7:05 p.m.  
Arizona at Cincinnati, 7:10 p.m.  
San Francisco at Atlanta, 7:10 p.m.  
Miami at Chicago Cubs, 8:05 p.m.

New York 6, 2B—Encarnacion 2 (16), R.Davis (8), Al.Rodriguez (12), Cano (27). HR—Lind (8), Ibanez (12), R.Martin (9).

Toronto	IP	H	R	ER	BB	SO
H.Alvarez	6	5	2	0	4	6
Beck	1	0	0	0	0	1
Loup L0-1	1-3	2	2	2	0	0
Frasor	1-3	1	2	2	1	1
Cordero	1-3	0	0	0	0	0

New York

P.Hughes

D.Robertson W,1-3

Epley

R.Soriano S,23-24

T—3:04. A—42,819 (50,291) at New York.

## SOCCER

## MLS

## EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	19	11	5	3	25	17	36
D.C. United	19	10	6	3	34	26	33
New York	19	9	5	5	34	29	32
Chicago	19	9	6	4	22	21	31
Houston	19	7	5	7	26	24	28
Columbus	17	6	7	4	17	19	22
New England	18	6	8	4	24	23	22
Montreal	21	6	12	3	28	38	21
Philadelphia	17	6	9	2	20	19	20
Toronto	19	4	11	4	22	35	16

## WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	20	12	4	4	41	24	40
Real Salt Lake	21	11	7	3	31	26	36
Seattle	20	8	5	7	25	31	31
Vancouver	20	8	6	6	21	23	30
Los Angeles	20	8	10	2	33	32	26
Colorado	19	7	11	1	26	26	22
Chivas USA	17	5	7	5	11	18	20
Portland	18	5	9	4	19	29	19
Dallas	20	4	9	7	19	28	19

Note: Three points for a win, one for a tie.

## Sunday's results

Seattle 2 New York 2

## Wednesday's games

Chicago at New York, 1 p.m.  
Portland at Chivas USA, 4 p.m.  
Colorado at Toronto, 7 p.m.  
New England at Montreal, 8 p.m.  
Kansas City at Houston, 8:30 p.m.  
Los Angeles at Vancouver, 10 p.m.  
Dallas at San Jose, 11 p.m.

## NASL

## Sunday's result

Tampa Bay 1 Edmonton 0

## Wednesday's game

Fort Lauderdale at Minnesota, 8:30 p.m.

## CFL

## EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	2	1	0	84	100	4
Hamilton	3	1	2	0	88	109	2
Toronto	3	1	2	0	81	91	2
Winnipeg	3	0	3	0	56	116	0

## WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	3	3	0	0	83	37	6
B.C.	3	2	1	0	92	75	4
Edmonton	3	2	1	0	62	42	4
Calgary	3	1	2	0	106	82	2

## WEEK THREE

## Saturday's results

Hamilton 36 Toronto 27

Saskatchewan 23 B.C. 20

## Friday's result

Edmonton 42 Winnipeg 10

## Thursday's result

Montreal 33 Calgary 32

## WEEK FOUR

## Wednesday, July 18

Winnipeg at Toronto, 7:30 p.m.

## Thursday, July 19

Saskatchewan at Calgary, 9 p.m.

## Friday, July 20

Edmonton at B.C., 10 p.m.

## Saturday, July 21

Montreal at Hamilton, 7 p.m.

## CYCLING

## TOUR DE FRANCE

At Pau, France

Results Monday from the Stage 15 of the Tour de France: a 158.585-kilometre mostly flat ride from Samatan to Pau, with only three small hills to climb (following Tuesday's rest day, competition resumes on Wednesday with a 197-kilometre stage through the high mountains from Pau to Bagnères-de-Luchon):

1. Pierrick Fedrigo, France, FDJ-Big Mat, three hours, 40 minutes, 15 seconds; 2. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, same time; 3. Thomas Voeckler, France, Team Europcar, 12 seconds behind; 4. Nicki Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, s.t.; 5. Dries Devenyns, Belgium, Omega Pharma-QuickStep, 0:21; 6. Samuel Dumoulin, France, Cofidis, 1:08; 7. Andre Greipel, Germany, Lotto Belisol, 1:15:50; 8. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, s.t.; 9. Peter Sagan, Slovakia, Liquigas-Cannondale, s.t.; 10. Kris Boeckmans, Belgium, Vacansoleil-DCM, s.t. 11. Borut Bozic, Slovenia, Astana, s.t.; 12. Sebastien Hinault, France, AG2R La Mondiale, s.t.; 13. Koen de Kort, Netherlands, Argos-Shimano, s.t.; 14. Jonathan Cantwell, Australia, Team Saxo Bank-Tinkoff Bank, s.t.; 15. Jimmy Engoulvent, France, Saur-Sojasun, s.t.; 16. Roy Curvers, Netherlands, Argos-Shimano, s.t.; 17. Jurgen Roelandts, Belgium, Lotto Belisol, s.t.; 18. Matthieu Ladagnous, France, FDJ-Big Mat, s.t.; 19. Michael Schar, Switzerland, BMC Racing, s.t.; 20. Janex Brackovic, Slovenia, Astana, s.t.

## Also

21. Cadedevans, Australia, BMC Racing, same time; 22. Bradley Wiggins, Britain, Sky Procycling, s.t.; 23. Chris Froome, Britain, Sky Procycling, s.t.; 24. Vincenzo Nibali, Italy, Liquigas-Cannondale, s.t.; 29. Jurgen Van den Broeck, Belgium, Lotto Belisol, s.t.; 30. Haimar Zubeldia, Spain, RadioShack-Nissan, s.t.; 37. Andreas Kloeeden, Germany, RadioShack-Nissan, s.t.; 40. Christopher Horner, U.S., RadioShack-Nissan, s.t.; 42. Frank Schleck, Luxembourg, RadioShack-Nissan, s.t.; 44. Pierre Rolland, France, Team Europcar, s.t.; 46. George Hincapié, United States, BMC Racing, s.t.; 49. Thibaut Pinot, France, FDJ-Big Mat, s.t.

## Overall Standings

(after 15 of 20 stages)

1. Bradley Wiggins, Britain, Sky Procycling, 68 hours, 33 minutes, 21 seconds; 2. Chris Froome, Britain, Sky Procycling, 2:05 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 4. Cadel Evans, Australia, BMC Racing, 3:19; 5. Jurgen Van den Broeck, Belgium, Lotto Belisol, 4:48; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 6:15; 7. Tejay Van Garderen, U.S., BMC Racing, 6:57; 8. Janex Sojaun, Slovenia, Astana, 7:30; 9. Pierre Rolland, France, Team Europcar, 8:31; 10. Thibaut Pinot, France, FDJ-Big Mat, 8:51.

11. Andreas Kloeeden, Germany, RadioShack-Nissan, 9:29; 12. Frank Schleck, Luxembourg, RadioShack-Nissan, 9:45; 13. Nicolas Roche, Ireland, France, AG2R La Mondiale, 10:49; 14. Jerome Coppel, France, Saur-Sojasun, 11:27; 15. Christopher Horner, U.S., RadioShack-Nissan, 12:41; 16. Denis Menchov, Russia, Katusha, 17:21; 17. Maxime Monfort, Belgium, RadioShack-Nissan, 17:41; 18. Egoi Martinez, Spain, Euskaltel-Euskadi, 18:04; 19. Rui Costa, Portugal, Movistar, 19:02; 20. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, 20:12.

## Also

45. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, 1:09:16; 103. David Zabriskie, U.S., Garmin-Sharp-Barracuda, 1:53:43; 156. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, 2:47:29.

## GOLF

## WORLD RANKING

THROUGH JULY 15

1. Luke Donald	Eng	9.55
2. Rory McIlroy	Nlr	8.53
3. Lee Westwood	Eng	7.97
4. Tiger Woods	USA	7.65
5. Webb Simpson	USA	6.54
6. Bubba Watson	USA	6.22
7. Jason Dufner	USA	5.83
8. Matt Kuchar	USA	5.63
9. Justin Rose	Eng	5.54
10. Hunter Mahan	USA	5.21
11. Zach Johnson	USA	5.15
12. Graeme McDowell	Nlr	5.05
13. Adam Scott	Aus	4.96
14. Steve Stricker	USA	4.86
15. Martin Kaymer	Ger	4.62
16. Phil Mickelson	USA	4.60
17. Dustin Johnson	USA	4.57
18. Louis Oosthuizen	SAF	4.36
19. Charl Schwartzel	SAF	4.36
20. Rickie Fowler	USA	4.36
21. Jason Day	Aus	4.30
22. Francesco Molinari	Ita	4.17
23. Sergio Garcia	Esp	4.03
24. Keegan Bradley	USA	3.76
25. Bo Van Pelt	USA	3.75
26. Bill Haas	USA	3.74
27. Peter Hanson	Swe	3.64
28. Ian Poulter	Eng	3.60
29. Brandt Snedeker	USA	3.59
30. Nick Watney	USA	3.50
31. Paul Lawrie	SCO	3.49
32. Jim Furyk	USA	3.31
33. David Toms	USA	3.27
34. K.J. Choi	Kor	3.24
35. John Senden	Aus	3.23
36. Nicolas Colsearts	Bel	3.19
37. Martin Laird	SCO	3.10
38. Thomas Bjorn	Den	3.03
39. Carl Pettersson	Swe	2.98
40. Ernie Els	SAF	2.94
41. Fredrik Jacobson	Swe	2.88
42. Bae Sang-moon	Kor	2.76
43. Mark Wilson	USA	2.74
44. Alvaro Quiros	Esp	2.73
45. Gonzalo Fernandez-Castano	Esp	2.72
46. Rafael Cabrera Bello	Esp	2.60
47. Jonathan Byrd	USA	2.65
48. Simon Dyson	Eng	2.64
49. Kevin Na	USA	2.63
50. Aaron Baddeley	Aus	2.57
51. Branden Grace	SAF	2.53
52. Anders Hansen	Den	2.51
53. Ben Crane	USA	2.48
54. Robert Karlsson	Swe	2.47
55. Geoff Ogilvy	Aus	2.48
56. Michael Thompson	USA	2.38
57. Kyle Stanley	USA	2.37
58. Marcel Siem	Ger	2.30
59. Padraig Harrington	IrI	2.20
60. Robert Rock	Eng	2.20
61. Jamie Donaldson	Wal	2.16
62. Ryo Ishikawa	Jpn	2.14
63. Greg Chalmers	Aus	2.13
64. Matteo Manassero	Ita	2.13
65. Retief Goosen	SAF	2.11
66. Rory Sabbatini	SAF	2.11
67. Robert Garrigus	USA	2.10
67. John Huh	USA	2.10
69. Alexander Noren	Swe	2.10
70. K.T. Kim	Kor	2.09
71. Hiroyuki Fujita	Jpn	2.08
72. Johnson Wagner	USA	2.08
73. Spencer Levin	USA	2.08
74. George Coetzee	SAF	2.08
75. Ryan Moore	USA	2.07



## Horoscopes

### ♈ Aries

**March 21 - April 20**

Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

### ♉ Taurus

**April 21 - May 21**

Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

### ♊ Gemini

**May 22 - June 20**

Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you must and believe you can get it.

### ♋ Cancer

**June 21 - July 22**

What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

### ♌ Leo

**July 23 - Aug. 22**

Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

### ♍ Virgo

**Aug. 23 - Sept. 22**

The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

### ♎ Libra

**Sept. 23 - Oct. 22**

Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

### ♏ Scorpio

**Oct. 23 - Nov. 21**

There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

### ♐ Sagittarius

**Nov. 22 - Dec. 21**

Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

### ♑ Capricorn

**Oct. 23 - Nov. 21**

Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

### ♒ Aquarius

**Jan. 21 - Feb 18**

You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

### ♓ Pisces

**Feb. 19 - March 20**

The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

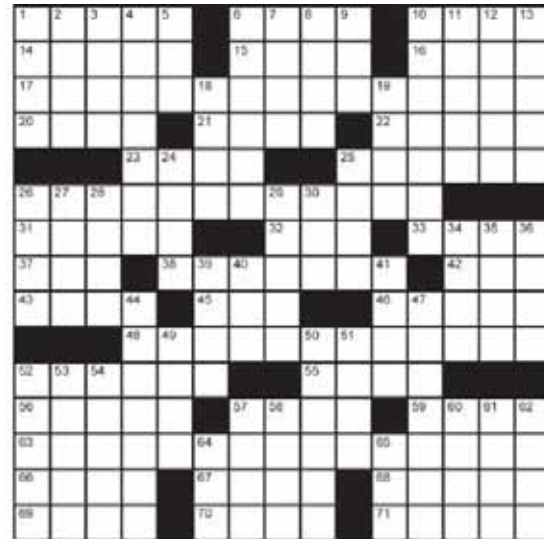
## Crossword: The Canadian Experience

### Across

1. See 52-Across
6. See 37-Across
10. Nanaimo \_\_\_\_: distinctive Can. treat
14. Throw for \_\_\_\_: surprise
15. Toss \_\_\_\_: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find \_\_\_\_ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin

### Down

57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. \_\_\_\_noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order
1. "Toodlee-oo"
2. Jesus on the field
3. Cowboys at 63-Across often hold this
4. Trunk item
5. Tanning letters
6. Cries at 63-Across
7. Gram or graph preceder
8. Featured singer on Velvet Underground's debut album
9. After dusk, poetically
10. Gen-Xers' parents
11. Engaged in a battle
12. "Frankly, my dear..." utterer
13. Hurting spots
18. Ripped
19. It might be tall
24. What dentists hear a lot of
25. Final word
26. Bird associated with the Nile River
27. Cannes neighbor
28. Small amount of residue
29. With 34-Down, unctuous *David Copperfield* character



BY MICHAEL WIESENBERG

## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's Sudoku

4	9	8	6	1	2	7	3	5
6	7	1	4	3	5	9	2	8
3	2	5	9	7	8	4	6	1
9	3	2	8	6	1	5	4	7
5	1	7	2	4	3	8	9	6
8	6	4	5	9	7	2	1	3
2	5	3	1	8	4	6	7	9
7	8	6	3	2	9	1	5	4
1	4	9	7	5	6	3	8	2

		5				9		
		2	1		5	8		
6				8				2
	1	4	6		8	7	3	
	3	9	7		2	6	8	
7				1				9
		1	4		7	5		
		6				4		

## Weather

TODAY



MAX: 25°  
MIN: 15°

WEDNESDAY



MAX: 28°  
MIN: 19°

THURSDAY



MAX: 27°  
MIN: 16°

MICHELE MCDUGALL  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" WEEKDAYS 5:30 AM



## Yesterday's Crossword



## What's online

- Stumped? Find the answers at [metronews.ca/answers](http://metronews.ca/answers).
- MetroTube. We scour the Internet to bring you the best videos out there, at [metronews.ca](http://metronews.ca).

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Alan Wack



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Shawn Alexander



Mike Redmond



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Kevin Knoske



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#21R7764B, TURBO, AUTO

**\$23,860**



George Lakusta



Eddie Yehia



Jesse Halladay

2000 CHEV SILVERADO 1500 EXT 4X4 #EN3208A

2011 CHEV SILVERADO LT CREW 4X4 #1R39338B

2010 CHEVROLET 1500 CREW LTZ #2R17142A

DODGE CHARGER SXT #2R31487B

2009 NISSAN ROGUE SL AWD #2TC6170A

2004 CHRYSLER PACIFICA TOURING #2GH9154A

2011 JEEP WRANGLER UNLIMITED SPORT #2R18393A

2007 DODGE DAKOTA 4X4 CLUB CAB #2R12691B

2008 CHRYSLER 300C #23C7592A

2008 PONTIAC SOLSTICE CONVERTIBLE #2T41254A

2008 DODGE RAM 1500 SLT 4X4 #2R36070A

2010 FORD FUSION SE #2CL0264A, LOW KMS.

2007 FORD FREESTAR SPORT #2R13062A



Shane Hughes



Byron Cherry

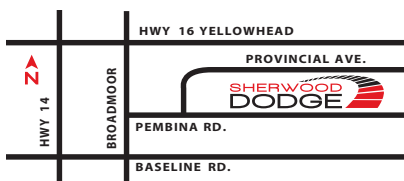


Aaren Schroeder

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**SALES HOURS:**  
Mon Thurs. 9am-9pm;  
Fri. 9am-6pm; Sat. 9am-6pm;  
Sun. 11am-4pm